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ABSTRACT

This profusely illustrated book of recipes encourages the use of foods in children's learning activities, especially foods that are harvested in the Northwest Territories of Canada and that play a role in health maintenance. The activities described also provide an opportunity for children to experience new foods. Introductory material includes information on ways for parents or teachers to use the book to provide cooking instruction to children and a sample recipe lesson. Sections in the book cover: (1) beverages; (2) soups; (3) bread, cereal, and pasta; (4) milk; (5) meat, fish, and fowl; (6) eggs; (7) fruits and vegetables; (8) cakes, cookies, and desserts; (9) preserves and candies; and (10) international dishes. Each section contains a series of recipes illustrated with line drawings of ingredients, utensils, etc.; descriptions of related learning activities; and a reference list. (BC)

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MUSKOX MILK, PTARMIGAN PIE AND OTHER NORTHERN DELICACIES

PREFACE

This publication was conceived at a workshop for Early Childhood Education.

It is designed to encourage the use of foods in learning activities, especially those foods which can be harvested in the Northwest Territories and which have traditionally played an important role in the maintenance of good health. In addition, the activities include an opportunity to experience new and different foods.

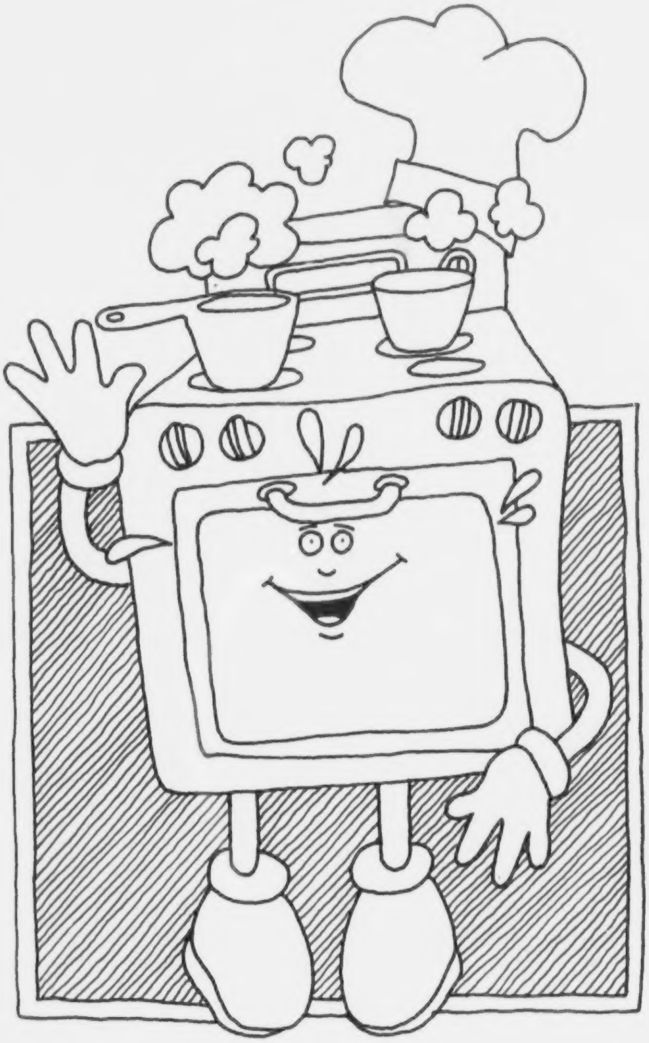
It is anticipated that this publication will help to provide a heightened interest in the nutritional well-being of children in a practical, relevant and interesting manner.

ISBN 0-7708-1016

ACKNOWLEDGEMENTS

Credit for the development of the first edition of this publication is due largely to the initiative of Glen Palmer and Ann Sparham, with the contributing skills of Sylvia Fulton, Lynne Hodgson, Marilyn Driver, Nancy Randall, Lynda McCallum and Joyce Whiteford.

This revised edition was prepared with the assistance of Myrna Ziola.



CONTENTS

PREFACE, 2

HOW TO USE THIS BOOK, 5

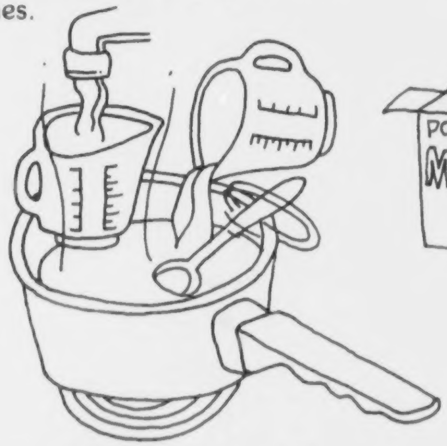
RECIPES and RELATED ACTIVITIES, 9

beverages, 9
soups, 19
bread, 39
cereal, 65
pasta, 71
milk, 79
meat, 97
fish, 117
birds, 127
eggs, 133
fruit, 147
vegetables, 165
cakes, 193
cookies, 207
desserts, 229
preserves, 239
candies, 251
celebrations and international cooking, 259

INDEX OF RECIPES, 270

HOW TO USE THIS BOOK

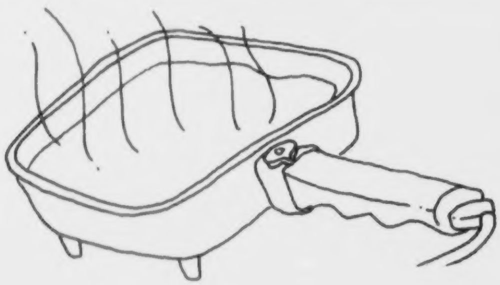
The recipes are in no particular order. Use them and adjust them to suit yourself, your children and the food conditions of your community. Add your own recipes and ideas to those given. Just remember to start with very simple projects and gradually work up to more complex ones.



By all means let the children use the book if they want to. However, it's probably much easier for young children to follow a poster than a page in a book. So, we'd suggest that when you're using a recipe you write it out on a large piece of paper, using a format similar to that in the book. We've supplied both a pictorial and a completely verbal format for most recipes. Use whichever best suits your children or the occasion. Children should also be encouraged to write their own recipes.

CEREAL
POWDERED
MILK

Mini Lessons
These contain suggestions for things to do with your children prior to using a given recipe. Consider the age of the children and their previous cooking experiences when deciding whether or not to do these activities.



Activities
These are just some ideas that might help enrich the cooking experience. Add your own in the spaces left.

A SAMPLE LESSON

Suppose you want to make this recipe:

CREAM OF POTATO SOUP

MIX together
375 mL STOCK
375 mL mashed POTATOES
(fresh or dried)

SIEVE if possible to get rid of any lumps.

ADD 5 mL finely minced ONION
(fresh or dried).
2 mL SALT
1 mL CELERY SALT
pinch of PEPPER

Heat well.

MIX in a pan
45 mL MARGARINE melted.
45 mL FLOUR.

Take pan from heat.

ADD 750 mL MILK, slowly at first.

HEAT carefully, stirring all the time, 'til thick.

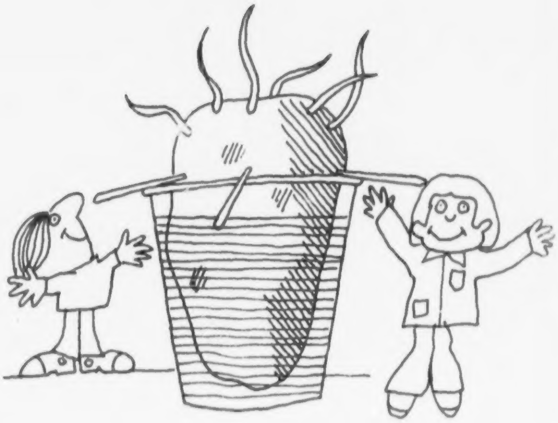
ADD sauce to potato stock mixture.

STIR, HEAT and **SERVE.**

Here are some ideas for enriching the experience and integrating a variety of learnings into the lesson:

Talk about what you'll be making and list the ingredients you'll need.

Go to the store
- look at different ways you can buy potatoes.
- compare prices.
- check to see if the store sells potato soup. If so, how is it packaged? How is it prepared? What does it cost? Later compare this price with what it costs to make your own soup.



- buy whatever type of potatoes you're going to use to make the soup (dried, fresh or canned). You could buy all three and make a pot of soup using each one. Compare taste, time taken to make it, price etc.
- buy any other ingredients you'll need.

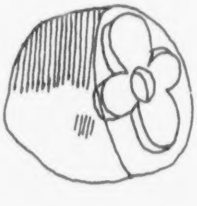
Talk about potatoes: How do they grow? Where? What part of the plant is the potato? Collect pictures, view films/filmstrips, etc.

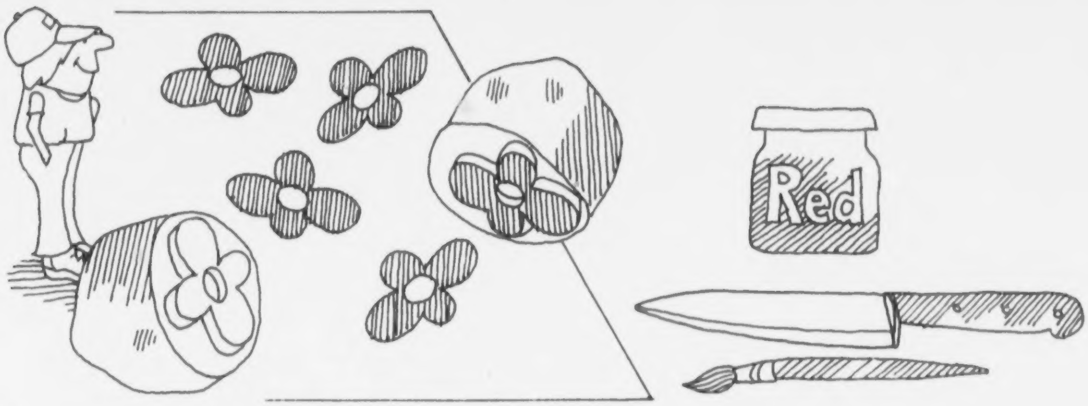
Grow a potato in water.

Learn to peel potatoes.

Cut fresh potatoes into various shapes.

Carve a potato.





Make potato prints (If you use food colouring instead of paint, you can wash and cook the potatoes when you've finished. You could make place mats or hats from your potato prints).

Weigh fresh potatoes. How much dried potato weighs the same as one potato?

Mash potatoes. Add different things (e.g. butter, margarine, water, milk) and compare the taste.

Timing — how long does it take for potatoes to cook?

Potato flakes — what else comes in flakes? What happens when you put them in hot water? cold water?

How do potato flakes change in texture, taste, appearance and smell when you mix them with water?

Could you dry them out again? How?

How does heat change the potato mixture?

Can you freeze this soup?

If you were going to put it on a menu, how much would you charge for a bowl of this soup?

Serving the soup — put in thermos flasks and go on a picnic, or sit at tables and eat by candlelight.

Song: "One Potato, Two Potatoes".

Story: **Stone Soup.** Get kids to write their own version of **Stone Soup.**

Game: "Hot Potato". Pass an object around the circle while playing music. When the music stops, the child holding the object is out.

Make a porcupine: scoop out a potato, fill with soil and plant seeds, spices or herbs in it. You can use thumb tacks for eyes and pipecleaners for legs.

Think of a name for your soup.

Some of these activities will be done before the cooking experience (e.g. shopping, making potato prints); others during and after it. Games, stories and songs can be used while you're waiting for something to cook or for the food to be served. While the children will probably make many observations themselves and ask many questions during the cooking process, you should always be ready to prompt them to new discoveries (e.g. observing the many ways food changes when heat is applied).

BEVERAGES

TEA is a well known plant from India and China.

One of the secrets of good tea making is to use freshly boiled water, 5 mL tea per tea cup and a hot teapot. Pour boiling water over the leaves and steep for 5 minutes. Pour through a small strainer.

SPICED TEA

Cloves, cinnamon, dried orange peel, orange juice, lemon juice and dried mint can all be used to flavour the tea. Experiment with different spices and quantities.

HONEY
LEMON JUICE

Honey can be used to sweeten the tea.

HOT CRANBERRY DRINK

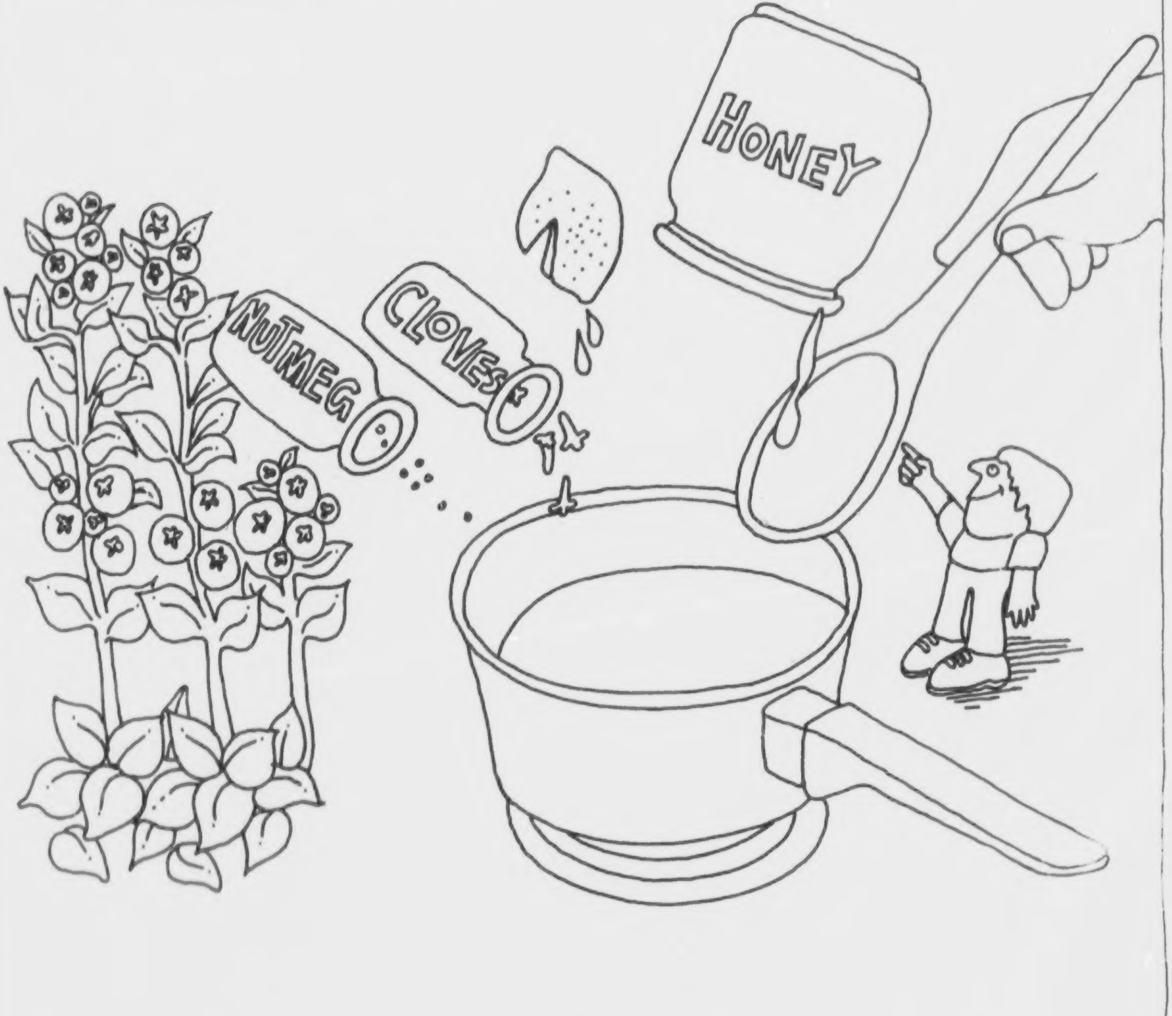
Allow 180 mL per serving *hot plate*

TAKE some CRANBERRY JUICE.

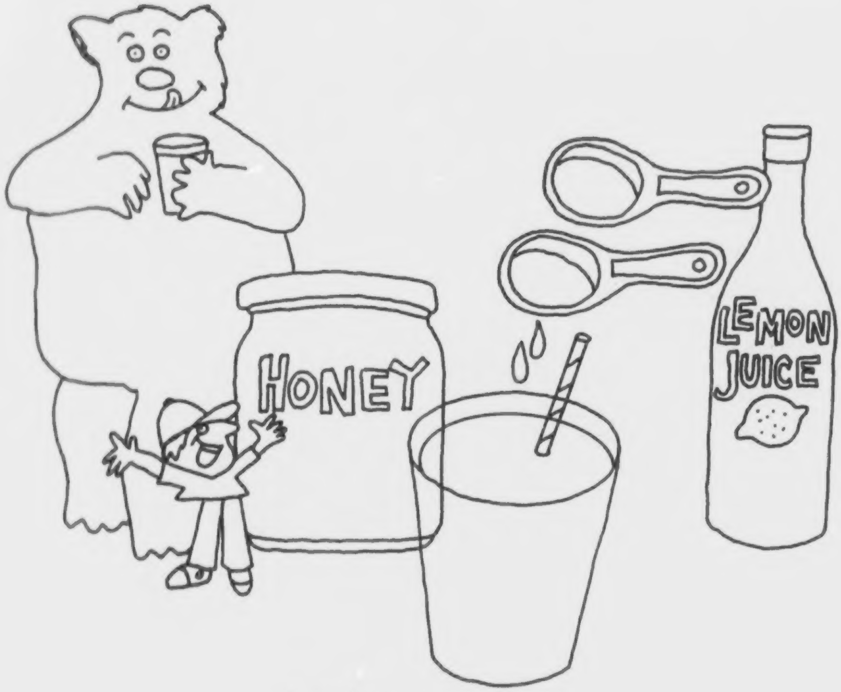
ADD a few CLOVES
a little NUTMEG
LEMON JUICE
HONEY

HEAT, but **DO NOT BOIL.**

A good winter drink especially if you make your own cranberry juice or syrup.



LEMONADE



hot plate

For each person **USE** 180 mL WATER
and **ADD** 45 mL HONEY
20 mL LEMON JUICE

OR

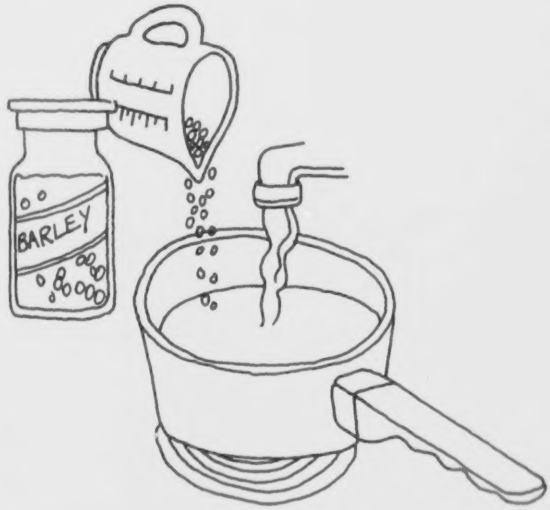
BOIL HONEY and WATER together first.

ADD LEMON JUICE.

DRINK hot or **SERVE** chilled.

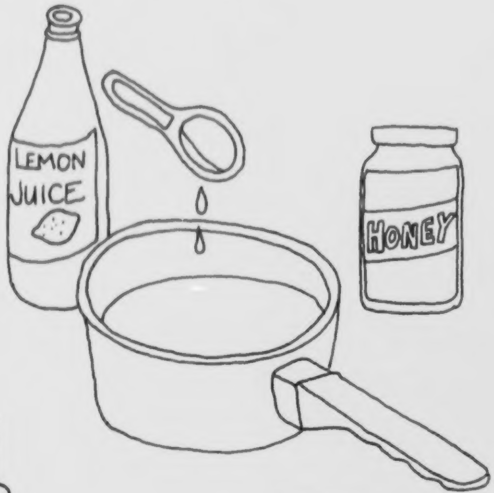
You can mix ORANGE JUICE, PINEAPPLE JUICE and even COLD TEA to make different flavours.

BARLEY WATER



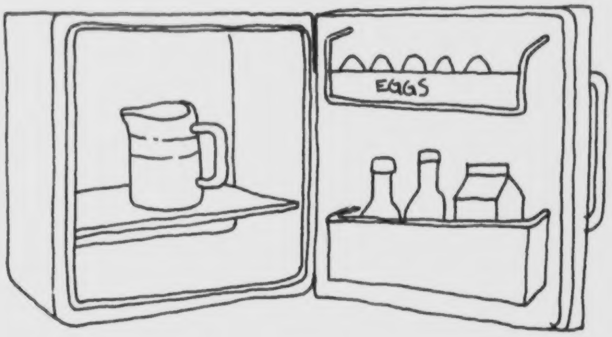
hot plate

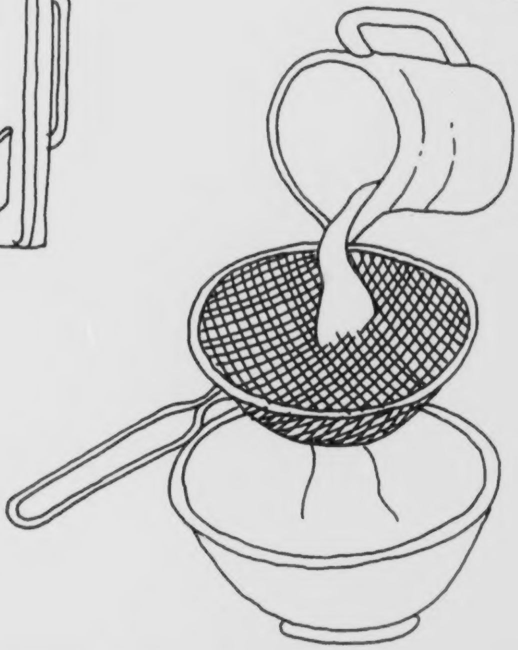
BOIL for about 2 minutes
30 mL PEARL BARLEY
250 mL WATER


LEMON JUICE
HONEY

REMOVE from heat.

ADD HONEY to taste.
the RIND of ½ LEMON
(or 30 mL LEMON JUICE)





When cold, **STRAIN** and **DRINK.**

Try adding MILK to this mixture.

TISANES

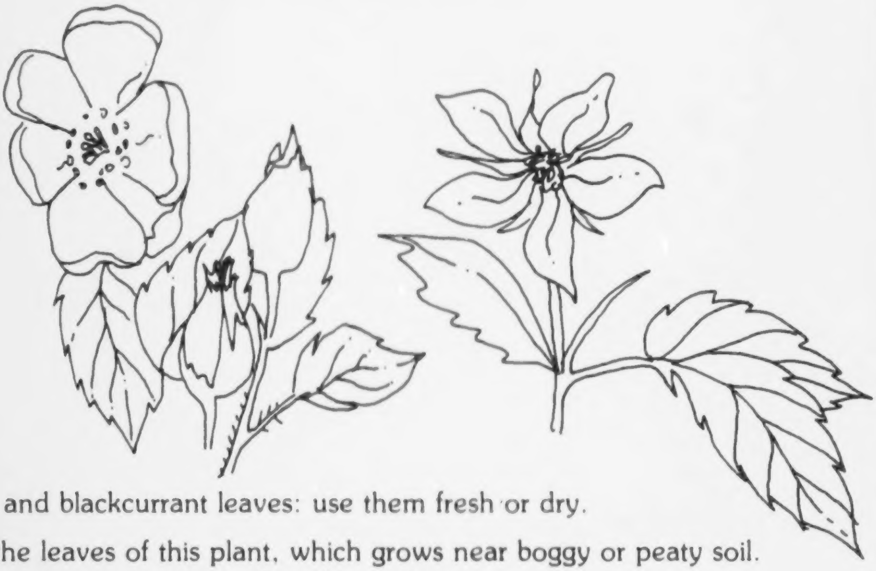
These are infusions made from different plants which have been used since time immemorial. Ask about those used in your community, both now and in the past.

FOR ONE STRONG SERVING, **USE** 5 - 15 mL fresh material
OR 1 - 2 mL dried material

COVER with boiling water and **STEEP** for 3-10 minutes.

Then bring the water back to the boil.

STRAIN and **SERVE** with **HONEY.**



TRY

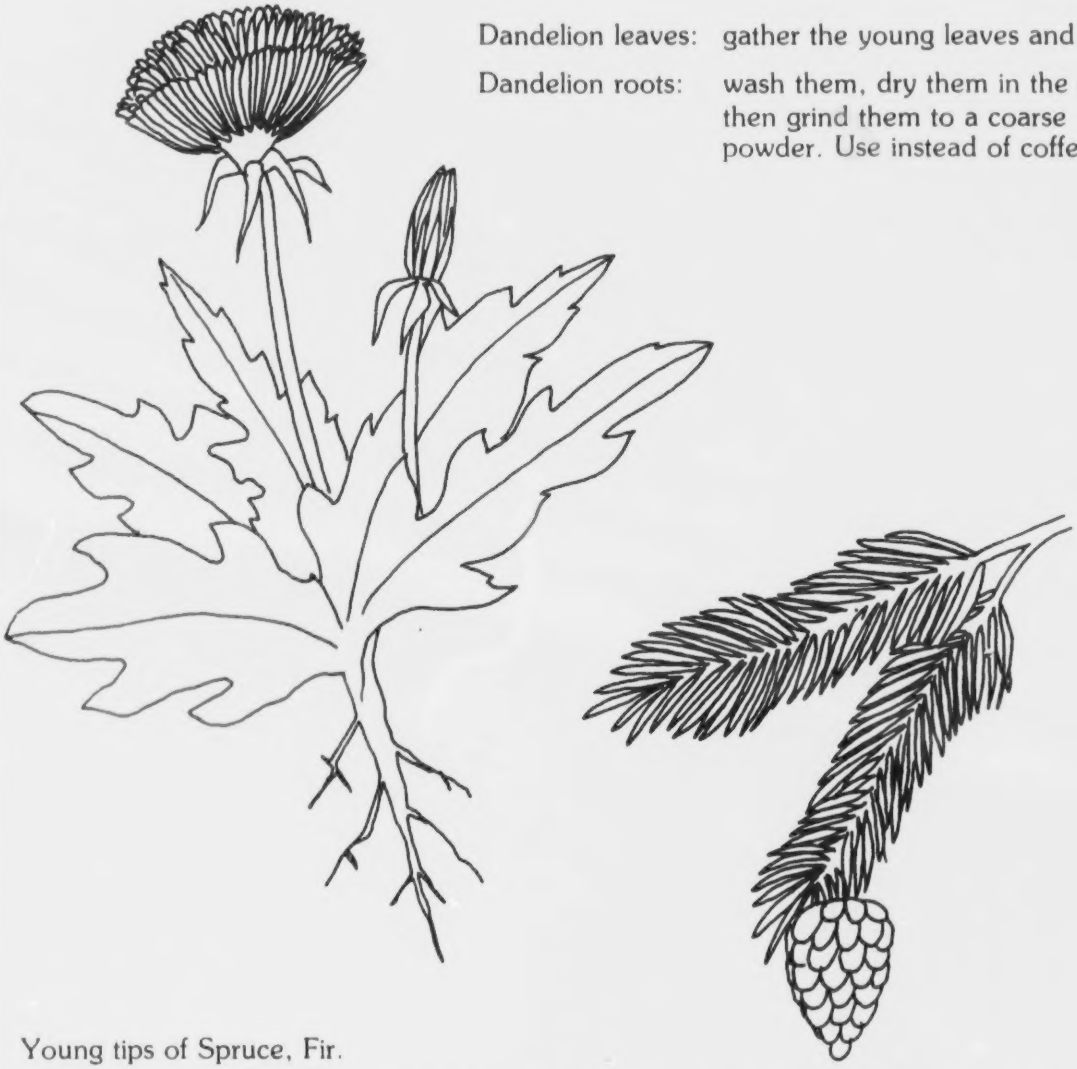
Strawberry, raspberry and blackcurrant leaves: use them fresh or dry.

Labrador tea: gather the leaves of this plant, which grows near boggy or peaty soil.
Dry them in a warm place. Crumble and store covered.

Dried mint
Camomile flowers
Fennel
Anise flowers
) these can be bought from the store.

Rose Hip tea: gather rose hips. Wash and dry them in a warm place til shrivelled. Cover to store.

Dandelion leaves:	gather the young leaves and dry.
Dandelion roots:	wash them, dry them in the oven, then grind them to a coarse powder. Use instead of coffee.



Young tips of Spruce, Fir.

Hemlock, Pine and Balsam: young twigs and leaves can be washed in boiling water. This drink is rich in Vitamin C.

MINI-LESSON

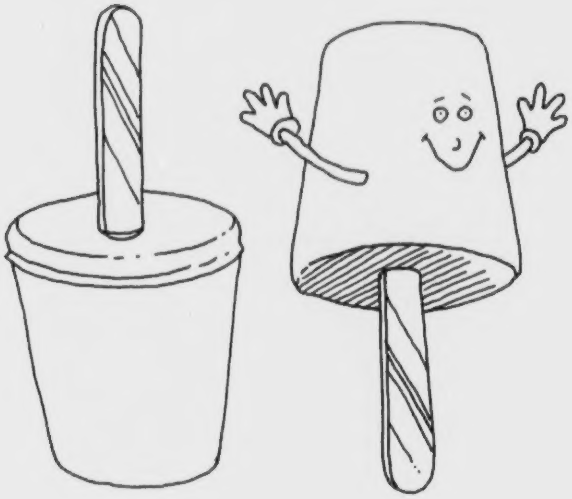
Grow some spices and herbs in the classroom.

Try making infusions from these.

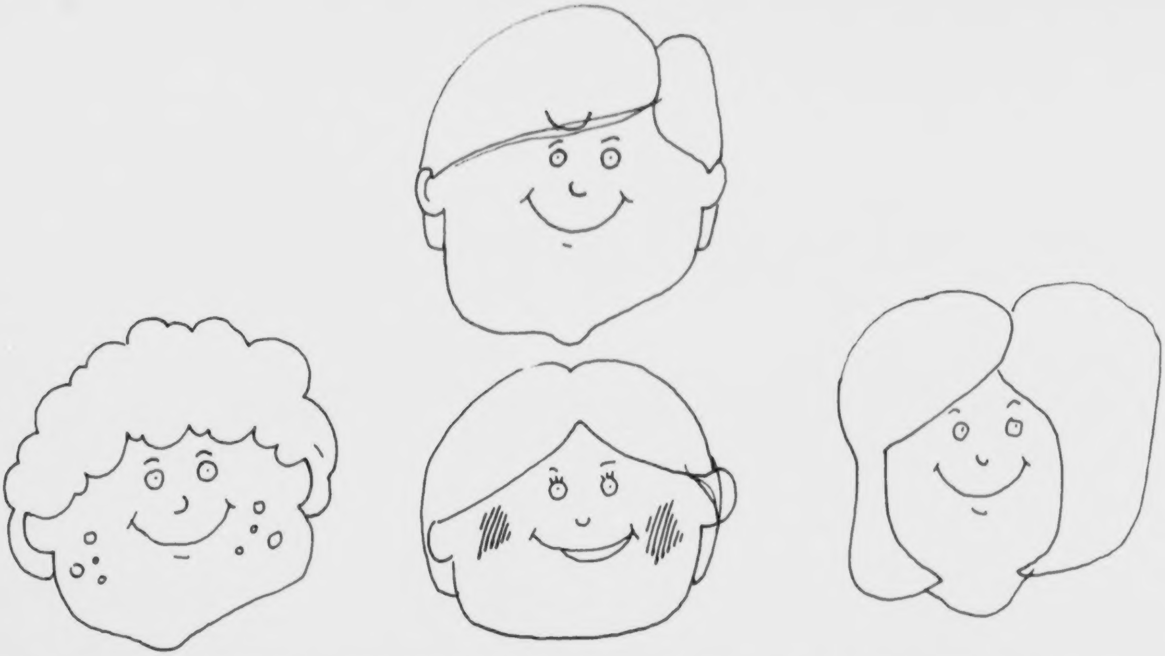
ACTIVITIES

Test for sugar content in a liquid: Put a small amount in a shallow dish. Leave it and note what remains after the residue has evaporated. Examine this (the residue) with a hand lens or microscope. With some solutions crystals will form.

Which freezes first? Get six paper or styrofoam cups with covers (circles of cardboard will do) and a can of clear fruit juice. Each cup will contain a different amount of water and fruit juice. Fill each cup, cover it and poke a popsicle stick through the cover. Now put them all at the same depth in the freezer (or outside if it's cold enough). Check after about 40 minutes to see how the freezing is progressing, then about every 20 minutes thereafter. Which popsicle freezes first? Which last? Does it take a greater or lesser time in the cold to freeze a solution? On the basis of this experiment, children might make a number of observations — e.g. why alcohol is used in vehicles in the cold weather.



Which dissolves fastest? Get three clear glasses and a packet of unsweetened Kool Aid (grape is good). Half fill each glass with water — ice cold in the first, room temperature in the second, boiling in the third. Drop a pinch of Kool Aid in each glass. In which glass does it dissolve first? How long does it take the Kool Aid to diffuse evenly through the water? Try this with other solutes — e.g. coffee, cocoa, powder paint.



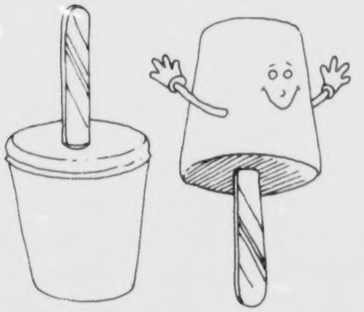
Go for a walk and see if you can find an old animal skull. Remove the teeth, take them back to the classroom and wash them. Better still, use human teeth if you can get them. Now get some clear glasses or jars (at least four) and pour Coca Cola into the first one, 7-up (or some other pop) into the second, pure unsweetened fruit juice into the third, and water into the fourth. If you have lots of teeth, you can use more solutions (try tea, coffee, cocoa, milk). Put a tooth in each solution and cover the glass so the liquid doesn't evaporate. Note and record the results daily.

Make lots of lemonade — or some other fruit juice — and open a lemonade stall. Sell to thirsty passers-by and make money to buy more ingredients for your cooking class. Estimate how much it costs to make each glass of juice. Consider this, any other expenses and the time involved, in deciding how much to charge for each glassful.

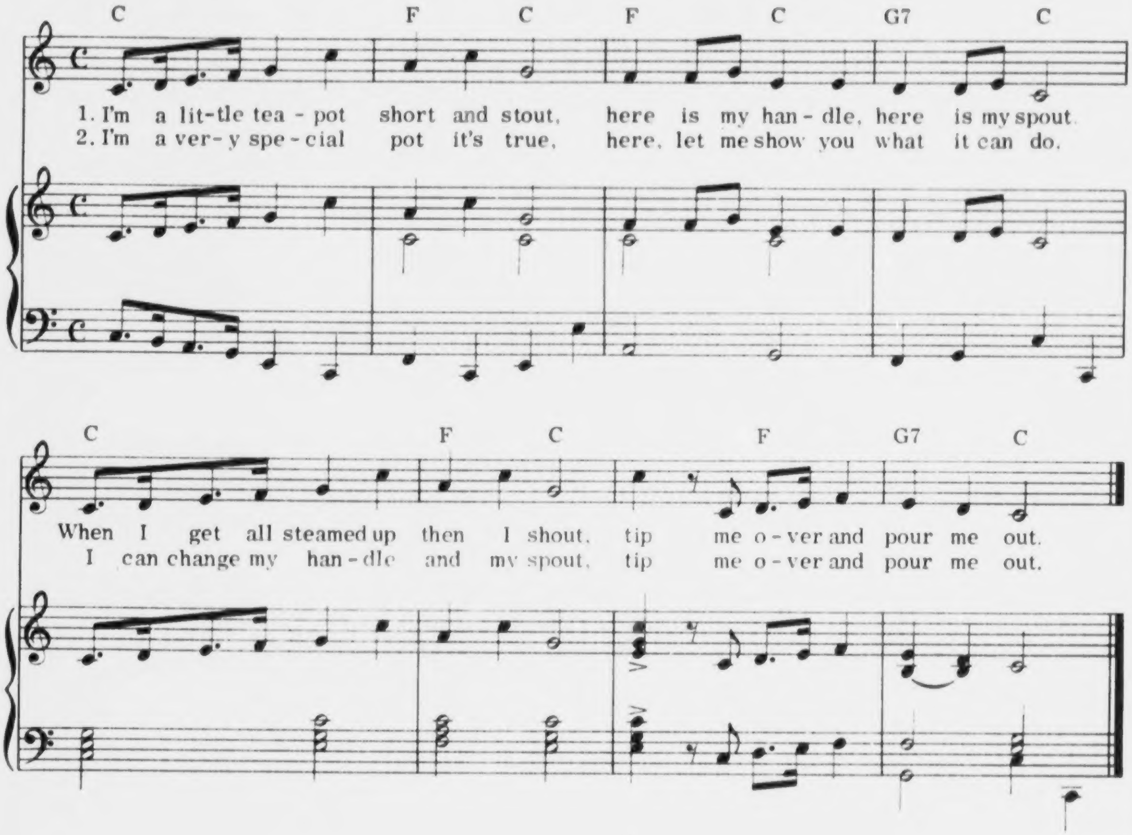
Take a sample of drinking water from home or school. Look at some of it under a microscope. Boil the remaining water, then look at some of this under the microscope. Compare what you see. How does boiling change the water? Take samples of water from various places around the community (puddles, lakes, etc.) and put drops of these under the microscope. This is a good time for the Public Health Nurse to talk to the class about using clean drinking water/boiling water if necessary.

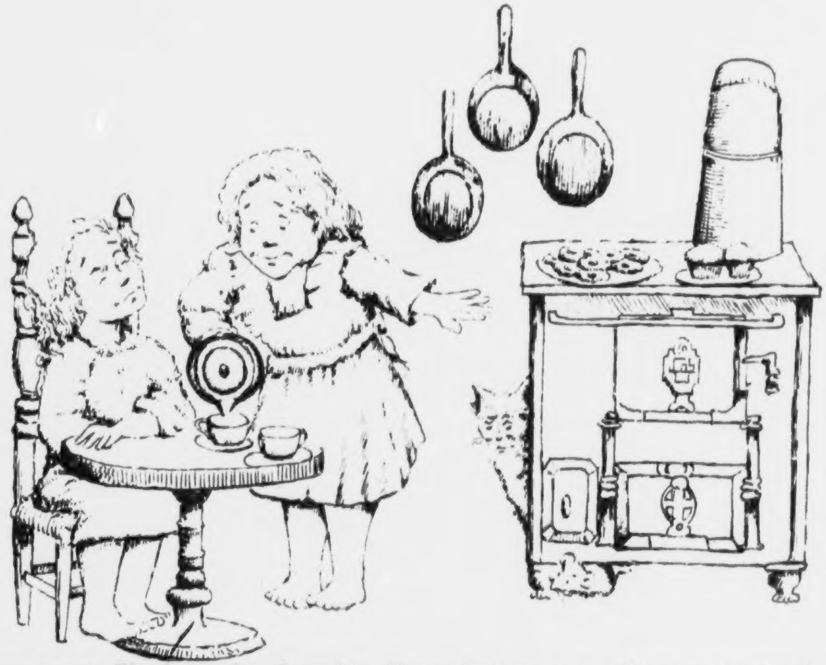
BOOKS

For more experiments with liquid and other foods; borrow, steal or buy a copy of **Science Experiments You Can Eat,** by Vicki Cobb. J.B. Lippincott Company
75 Horner Avenue
TORONTO, Ontario



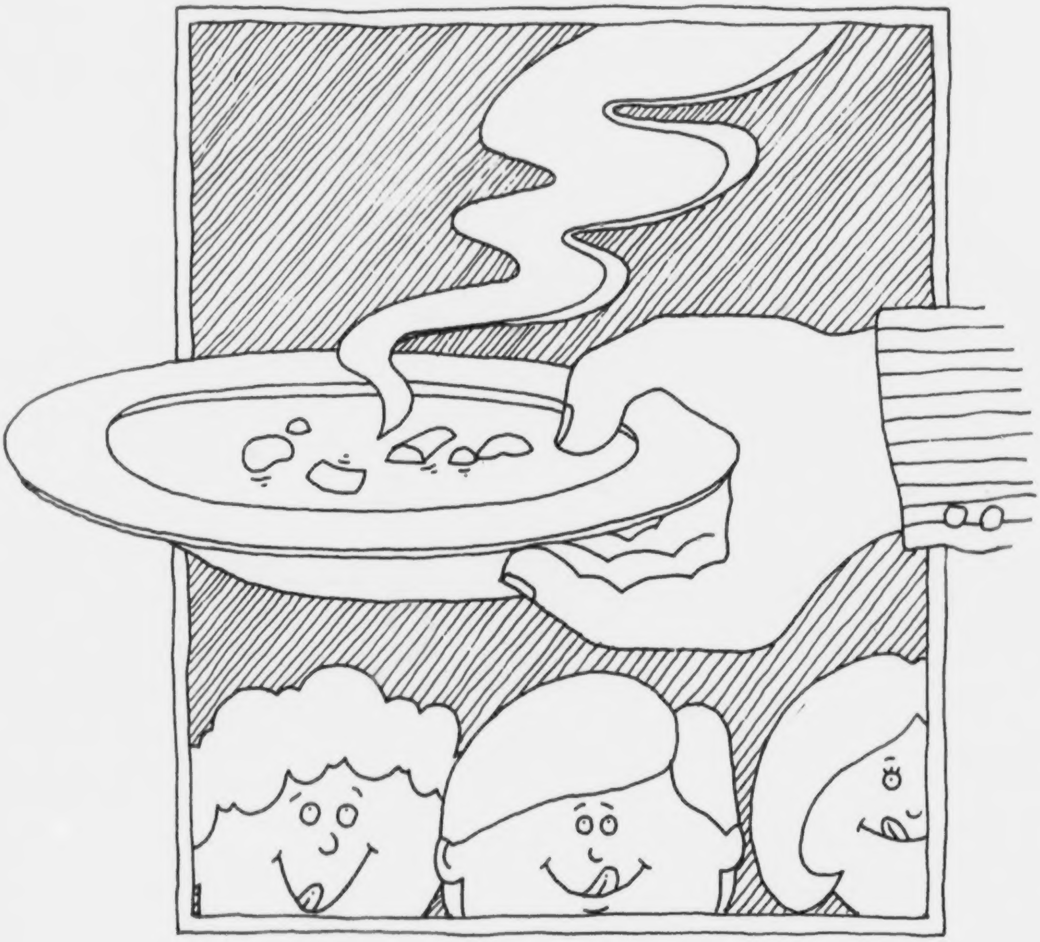
I'M A LITTLE TEA-POT


C F C F C G7 C
1. I'm a lit-tle tea - pot short and stout, here is my han - dle, here is my spout.
2. I'm a ver- y spe - cial pot it's true, here, let me show you what it can do.
C F C F G7 C
When I get all steamed up then I shout, tip me o - ver and pour me out.
I can change my han - dle and my spout, tip me o - ver and pour me out.



Act very stout. Place one hand on hip. Extend other arm, elbow and wrist bent. Nod head vigorously. Tip sideward in direction of extended arm. In second verse, reverse hand on hip and extended arm, and tip in the other direction.

SOUPS



You can make soup from all kinds of foods.

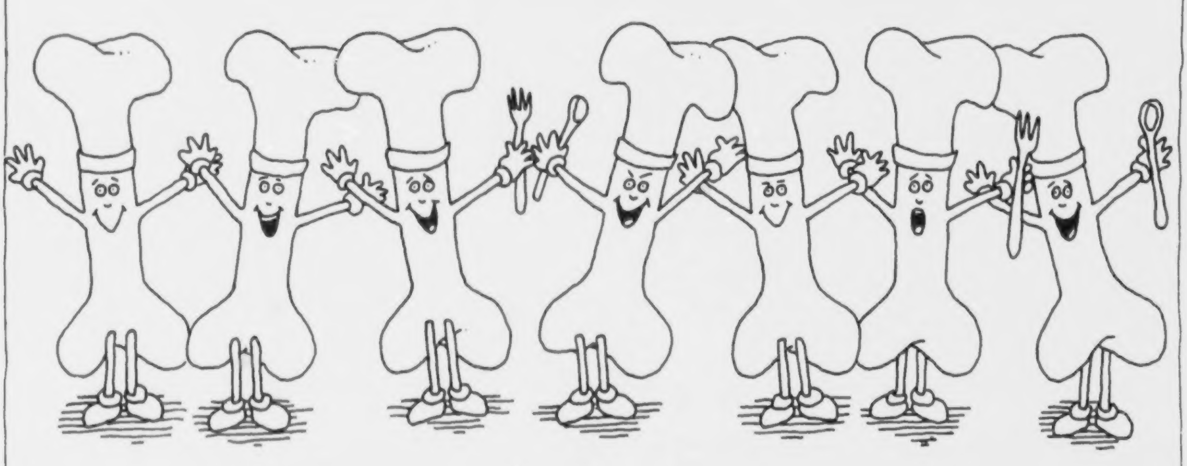
Soups will have a good flavour if a good stock is used.

Soups can be thin or thick, served hot or cold.

You can use a cereal grain in soup and you can add milk to some soups.

Onion gives a good flavour but it may be better to use onion powder at first because many young children find onion pieces unacceptable owing to the strong flavour.

STOCK USING MEAT BONES



hot plate

Choose a large pot, lid, knife and SOME BONES WITH SOME MEAT ON THEM.

ADD 5 mL of VINEGAR.

COVER with COLD WATER.

BOIL, then **SIMMER** for 2-3 hours.

ADD 1 ONION, chopped
1 large CARROT, diced
2 stalks CELERY, cut up
SALT to taste
1 BAY LEAF
3 whole CLOVES
5 mL dried PARSLEY

COOK 1 hour longer.

TAKE OUT bones and gristle, and strain if you want to.

COOL and remove fat from top.

You can store this stock in the refrigerator for 2-3 days.

You can freeze it, if you have lots, until another day.

You can use any VEGETABLES you have. Just remember, vegetables, herbs and seasonings give good flavour.

CARIBOU BONES are especially good; use any bones of any shape.

MARROW BONES (long bones) make delicious stock.

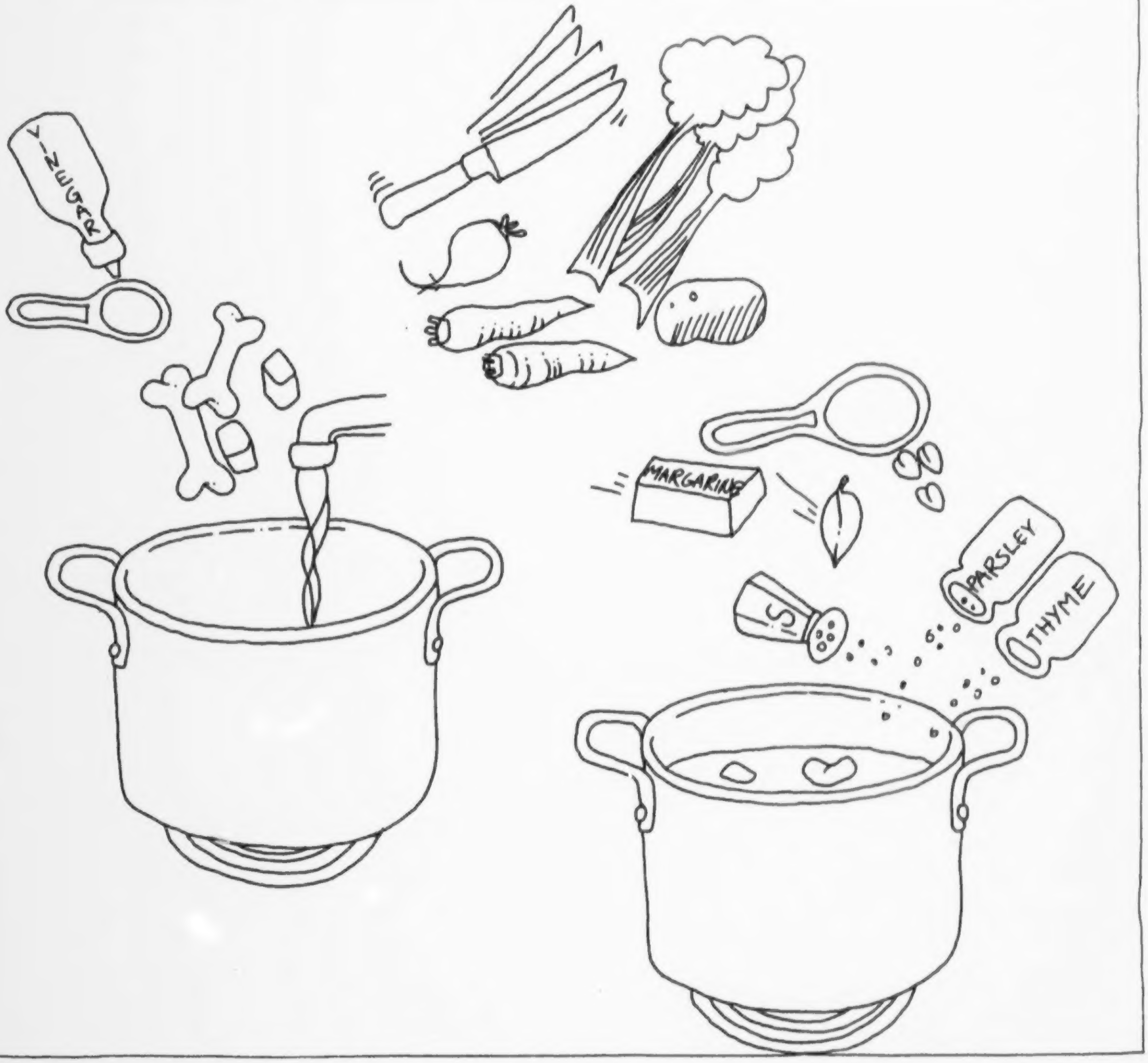
Crack the bones open and try eating the delicious marrow before you make the stock!

This stock will set like jello because you get gelatine from the bones and cartilage.

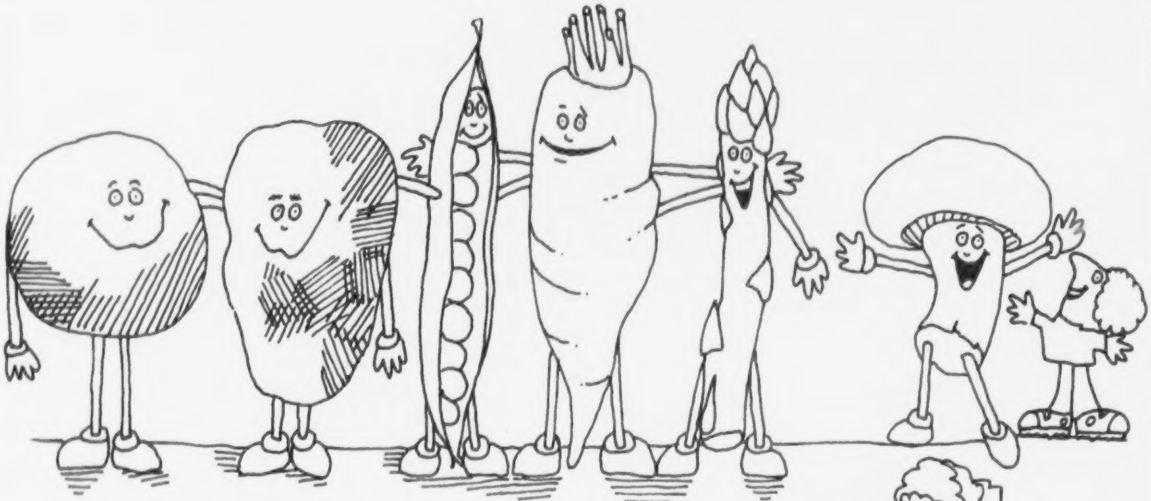
If you have no bones or meat you could use BOUILLON CUBES instead.

MINI-LESSONS

Slicing and dicing vegetables (if using canned vegetables try to buy vegetables not already cut up).

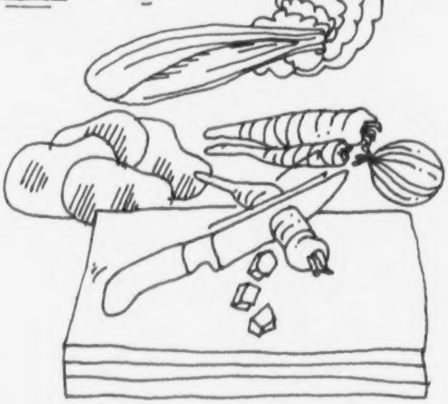


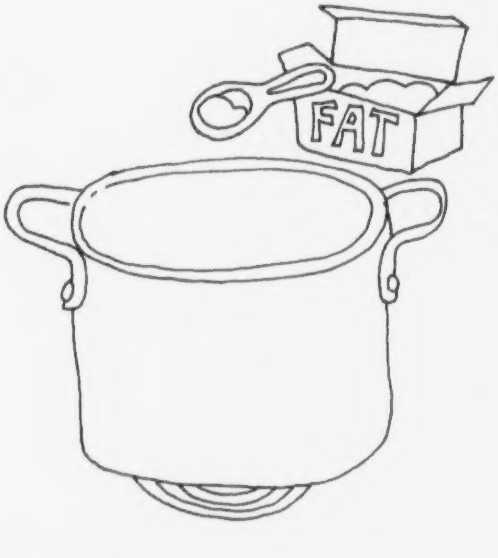
VEGETABLE CHOWDER



6-8 servings *hot plate*

DICE 4 POTATOES
3 CARROTS
1 ONION
1 stalk CELERY





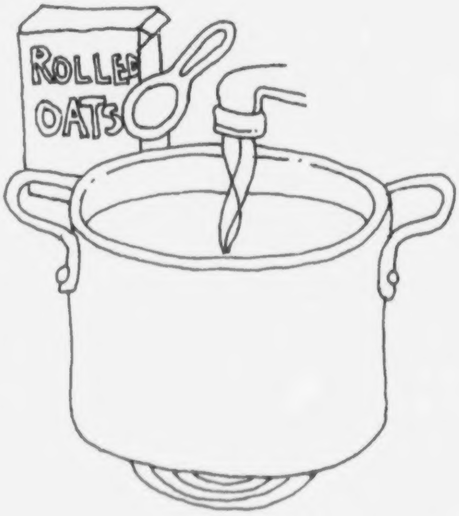
FRY in 30 mL FAT in a large pot.

MINI-LESSONS

Frying vegetables

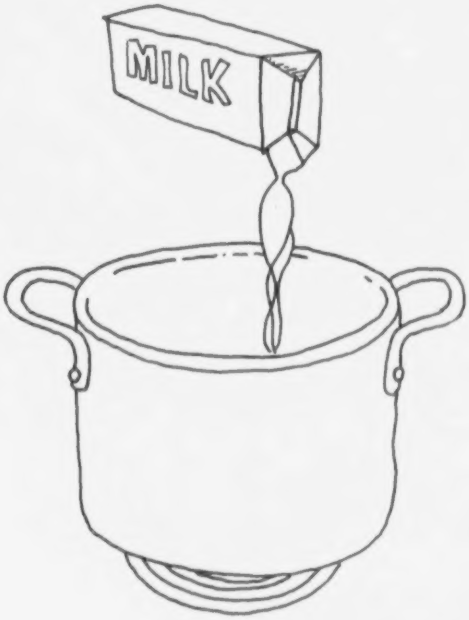
Cooking rolled oats

Dicing vegetables

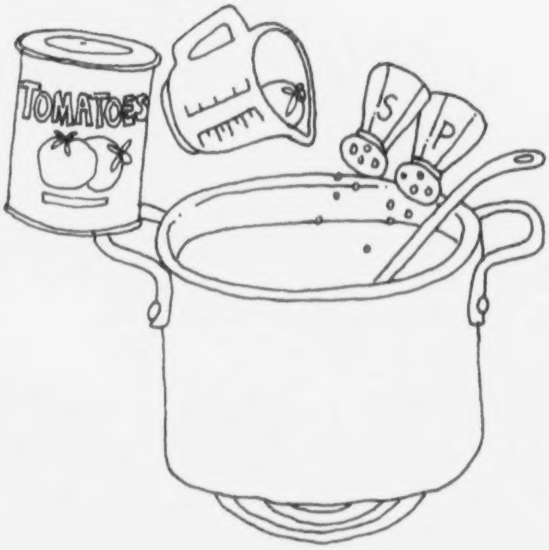

ROLLED
OATS

ADD 30 mL ROLLED OATS and cover with WATER.

SIMMER 'til vegetables are ready (about 20 minutes for fresh vegetables).



ADD MILK to make about 750 mL of liquid altogether.


TOMATOES
S
P

SLOWLY ADD 500 mL CANNED TOMATOES or TOMATO JUICE.

SALT/PEPPER

HEAT 'til warm enough to eat.

SERVE

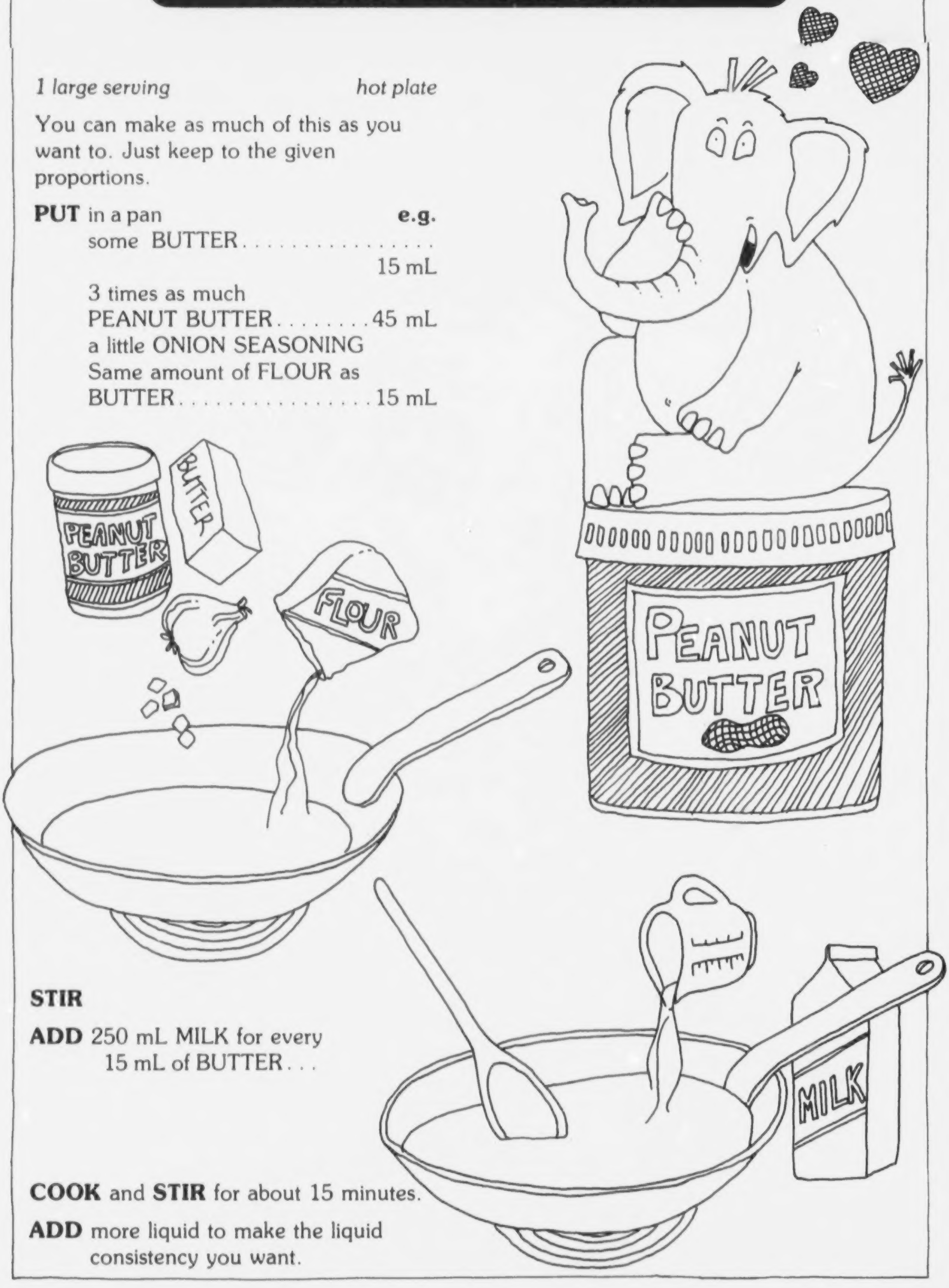
PEANUT BUTTER SOUP

1 large serving *hot plate*

You can make as much of this as you want to. Just keep to the given proportions.

PUT in a pan **e.g.**

some BUTTER	15 mL
3 times as much PEANUT BUTTER	45 mL
a little ONION SEASONING	
Same amount of FLOUR as BUTTER	15 mL


PEANUT BUTTER
BUTTER
FLOUR
PEANUT BUTTER
MILK

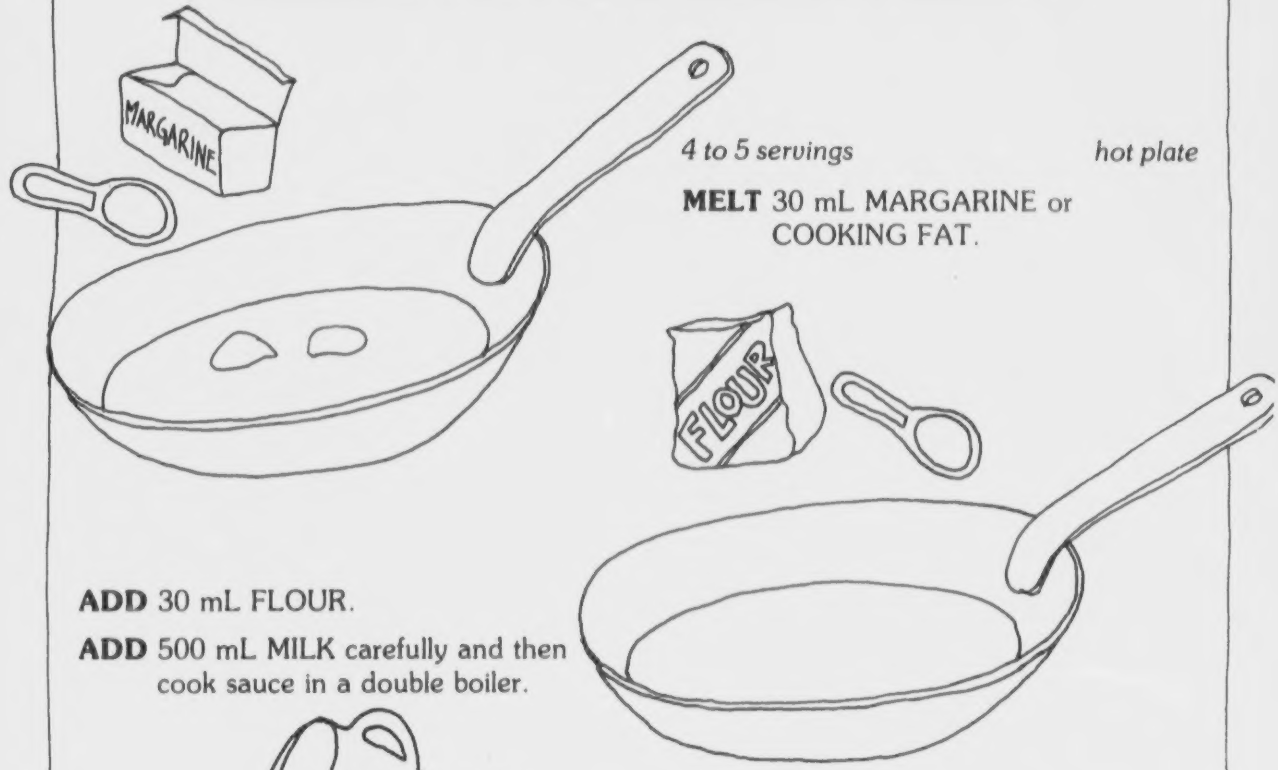
STIR

ADD 250 mL MILK for every 15 mL of BUTTER . . .

COOK and **STIR** for about 15 minutes.

ADD more liquid to make the liquid consistency you want.

CREAM OF CORN SOUP

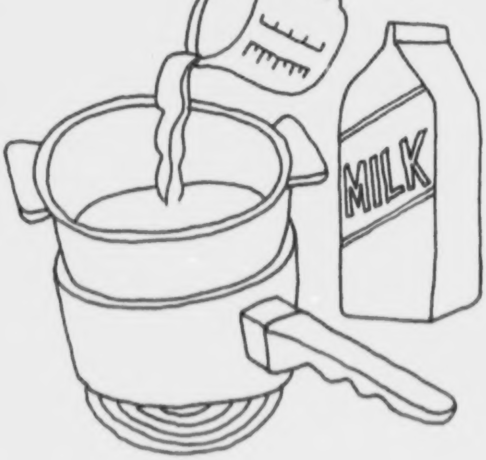


4 to 5 servings *hot plate*

MELT 30 mL MARGARINE or
COOKING FAT.

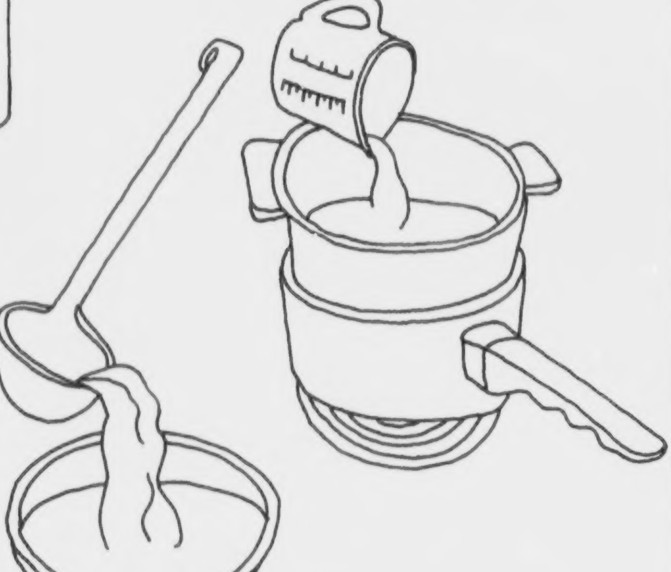
ADD 30 mL FLOUR.

ADD 500 mL MILK carefully and then
cook sauce in a double boiler.



STIR and **COOK** 'til thick.

ADD 500 mL CREAMED CORN.
ONION for seasoning.



MINI-LESSONS

Demonstrate use of a double boiler — melt butter, chocolate, etc.

SERVE HOT

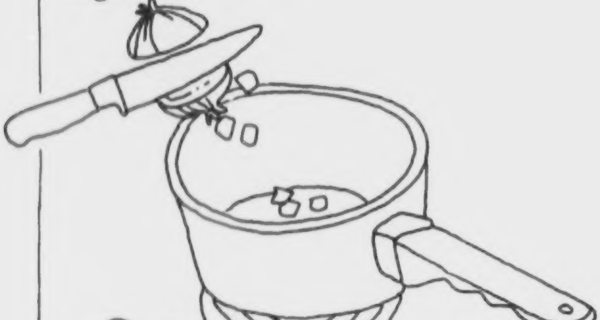
ITALIAN MINESTRONE

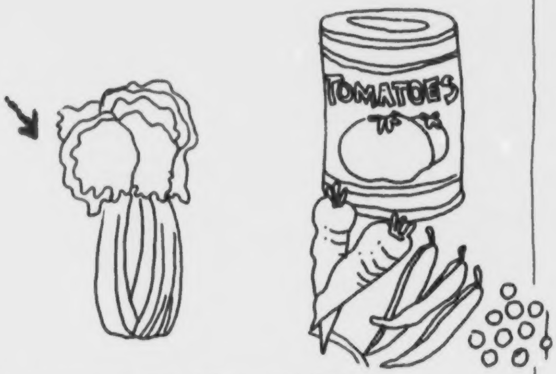
This is a thick vegetable soup. It is best made from fresh VEGETABLES, but you could use canned, frozen or dried.

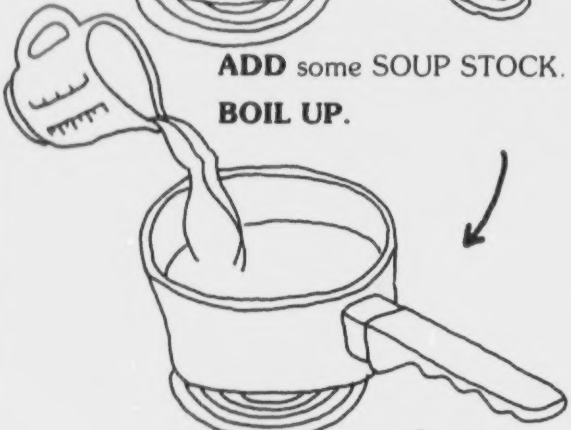
Practically every Italian village, city or town has its own way of making this dish, but fresh or canned TOMATOES or TOMATO PASTE is an important ingredient.

You can use MEAT and/or BEANS. VEGETABLES, CHEESE and PASTA, or grains like RICE, can be added.

Could you make your very own minestrone soup? Name it after your community.





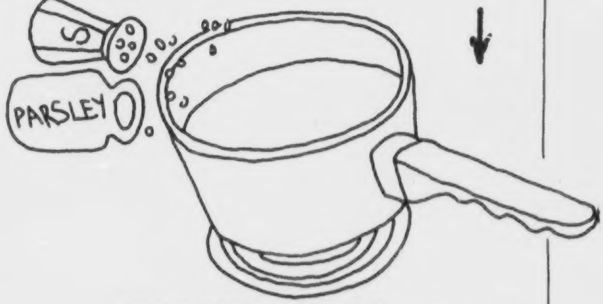


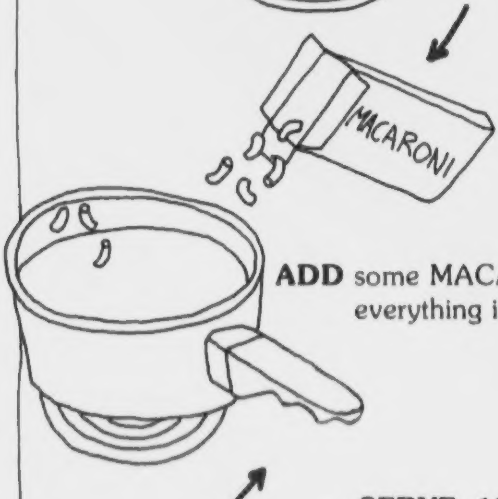
ADD some SOUP STOCK.

BOIL UP.

ADD some CELERY, CARROTS, GREEN BEANS, PEAS, PARSLEY, SPINACH, TOMATOES or TOMATO PASTE, and SEASONINGS.

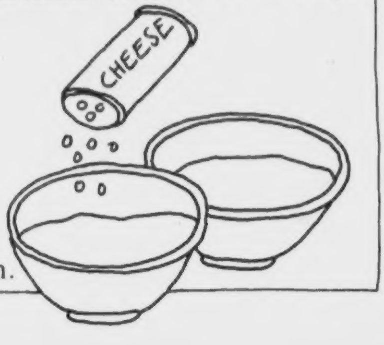
COOK 'til vegetables are nearly soft.





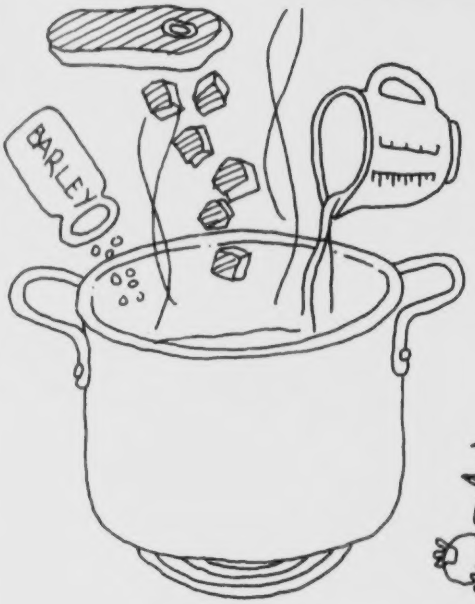
ADD some MACARONI and **COOK** 'til everything is soft and hot.

SPRINKLE CHEESE over soup.



SERVE: 125-250 mL to each person.

VEGETABLE SOUP



6-8 servings *hot plate*

1 L	STOCK
250 mL	diced MEAT
500 mL	diced VEGETABLES (fresh, canned or dry)
15 mL	RICE, BARLEY or OATMEAL
	SALT/PEPPER to taste.

MIX everything together.

SIMMER until MEAT and VEGETABLES are tender.

SERVE HOT.

MINI-LESSONS

Cooking macaroni — a simple dish for beginners!

Sprinkling food (e.g. salt, cheese, decorations on cake frosting.)

MINI-LESSONS

Cutting meat various ways.

Cutting vegetables various ways — using aspic cutters.

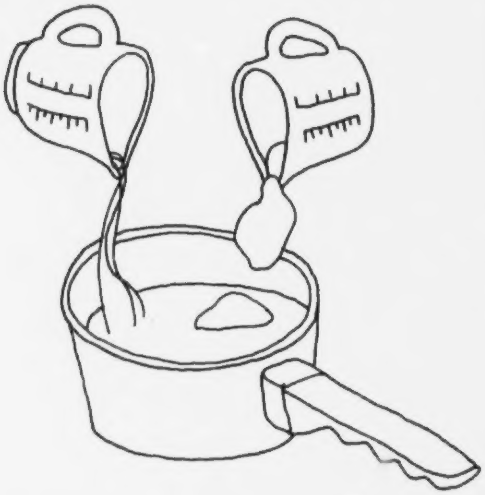
Cooking rice — a tasty snack for beginning cooks!

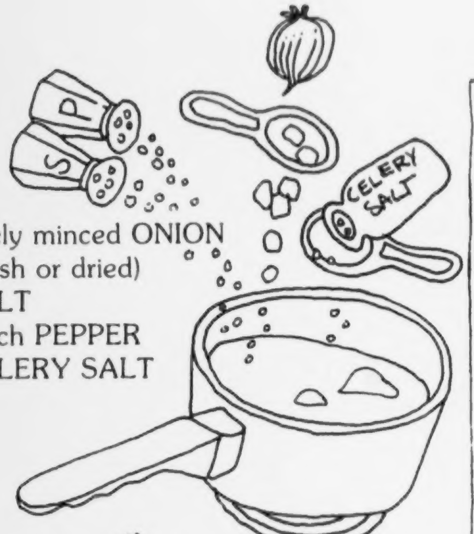
CREAM OF POTATO SOUP

six to eight servings *hot plate*

MIX 375 mL STOCK
375 mL MASHED POTATOES
(fresh or reconstituted dried)

SIEVE if possible to get rid of lumps.





ADD 10 mL finely minced ONION
(fresh or dried)
2 mL SALT
pinch PEPPER
1 mL CELERY SALT

HEAT WELL.

MARGARINE
XXX
FLOUR

MIX in a pan:
45 mL MARGARINE melted
45 mL FLOUR

TAKE PAN FROM HEAT.

MINI-LESSONS

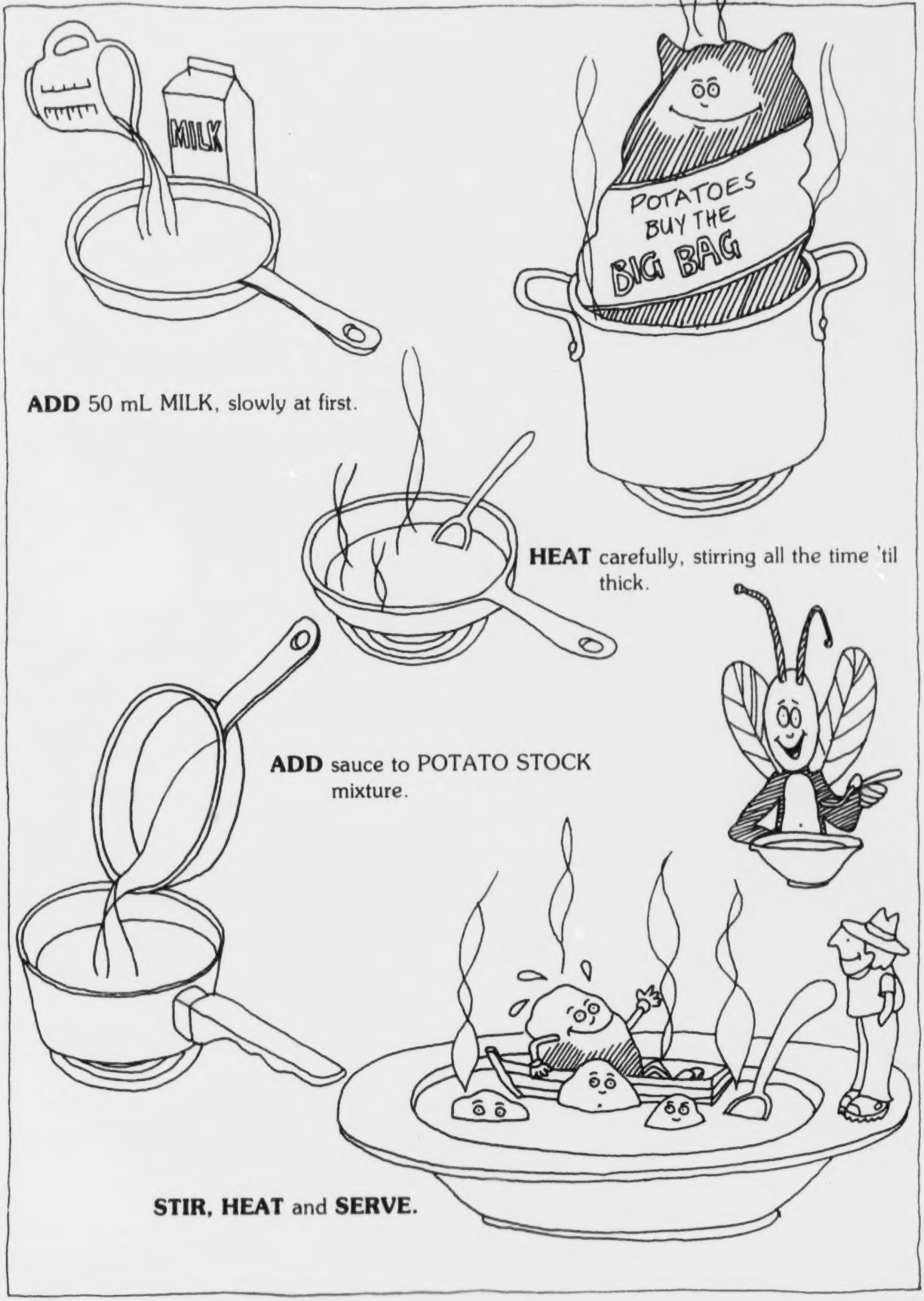
Scrubbing potatoes.

Boil well-scrubbed potatoes. Mash them and add butter/margarine. This makes a tasty and simple snack.

Mixing potato flakes to make mashed potatoes.

Mixing powdered milk to make a liquid.

Melting butter/margarine.


MILK
POTATOES
BUY THE
BIG BAG

ADD 50 mL MILK, slowly at first.

HEAT carefully, stirring all the time 'til thick.

ADD sauce to POTATO STOCK mixture.

STIR, HEAT and **SERVE.**

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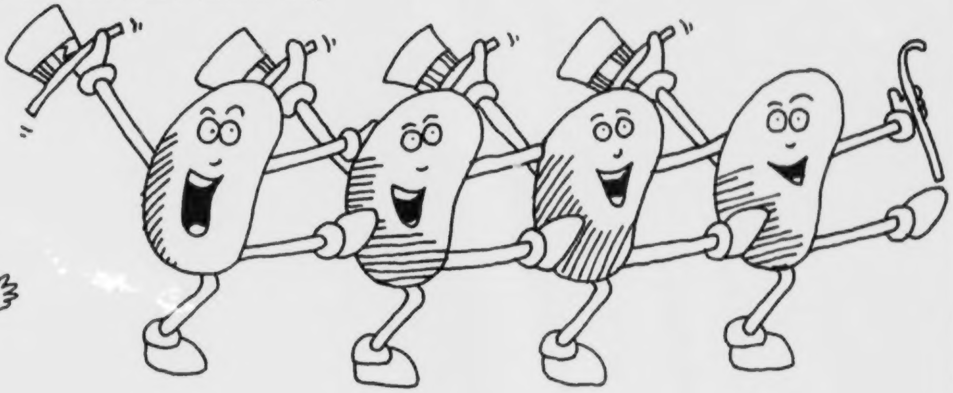
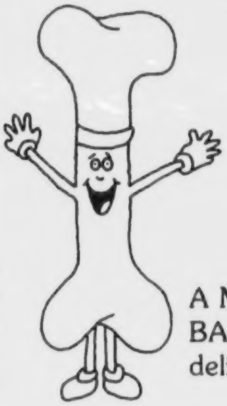
PEAS, BEANS and LENTILS MAKE VERY GOOD SOUP

PEAS, BEANS and LENTILS make very good soup...





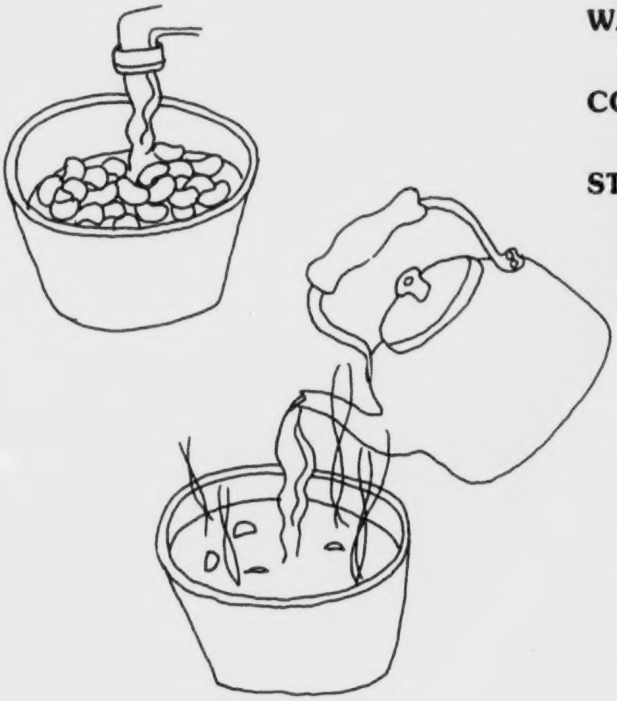
A MARROW BONE or a PIECE OF BACON will make this soup taste delicious.

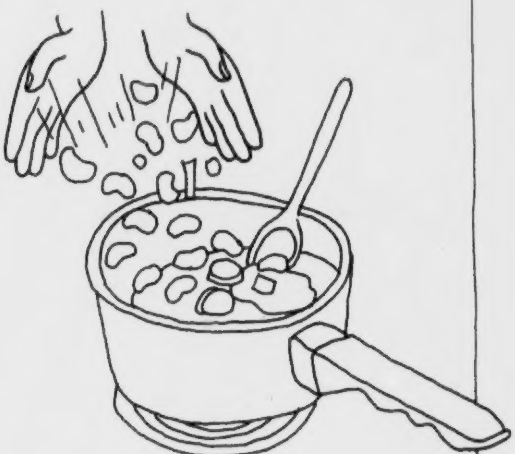
6-8 servings *hot plate*

WASH 250 mL BEANS, PEAS or LENTILS and sort for quality

COVER with BOILING WATER and **SOAK** 4-5 hours, or overnight.

STRAIN





MINI-LESSONS

Washing food.

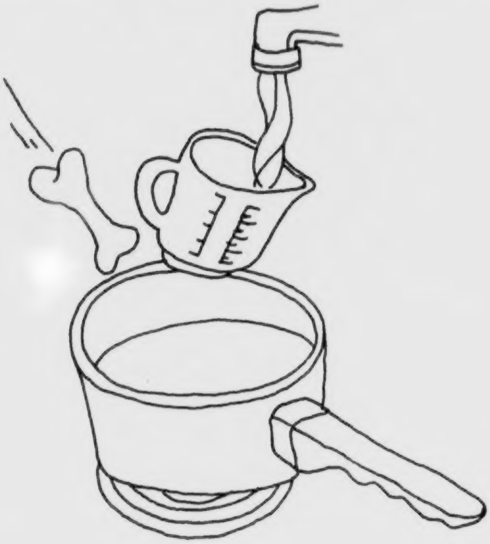
Straining water from food.

Stirring food while cooking.

Using a ladle.

TOSS (BEANS and chopped ONIONS, CARROTS and CELERY (optional) in a little melted FAT (or with chopped BACON)

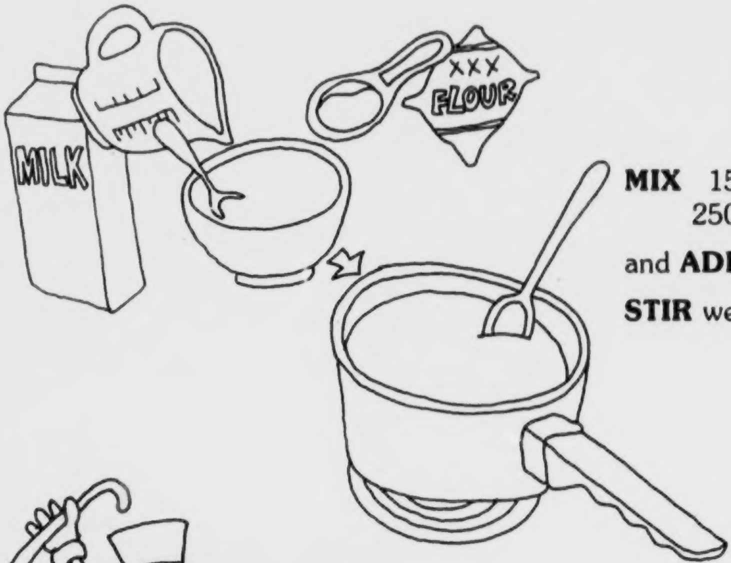
ADD a MARROW BONE if you like
(or about 6 pieces of BACON)



COVER with 1 L WATER.

BOIL, then **SIMMER,** with a lid on the pot, for 5-6 hours. **STIR** from time to time.

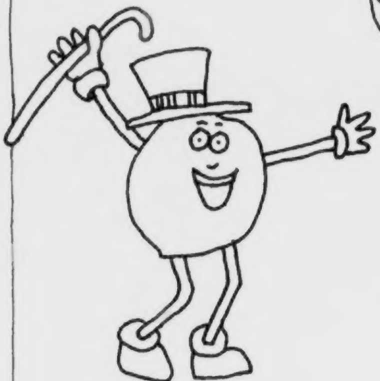
TAKE OUT the bone.



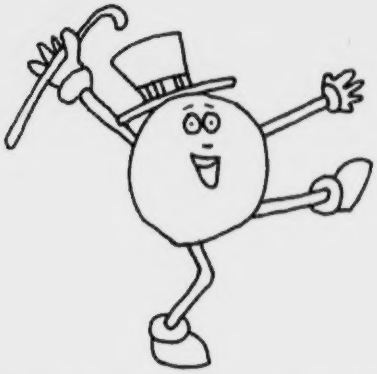
MIX 15 mL FLOUR
250 mL MILK

and **ADD** this to the pan.

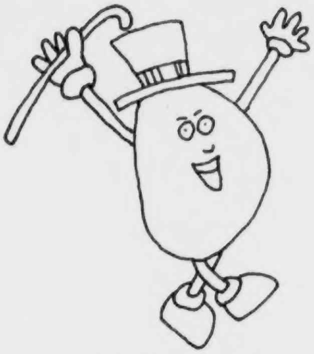
STIR well.



HEAT to boiling



SEASON with SALT and PEPPER.

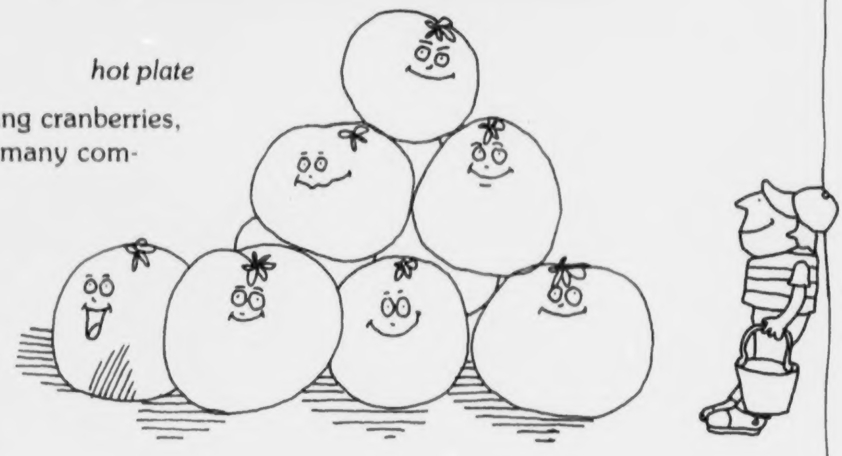


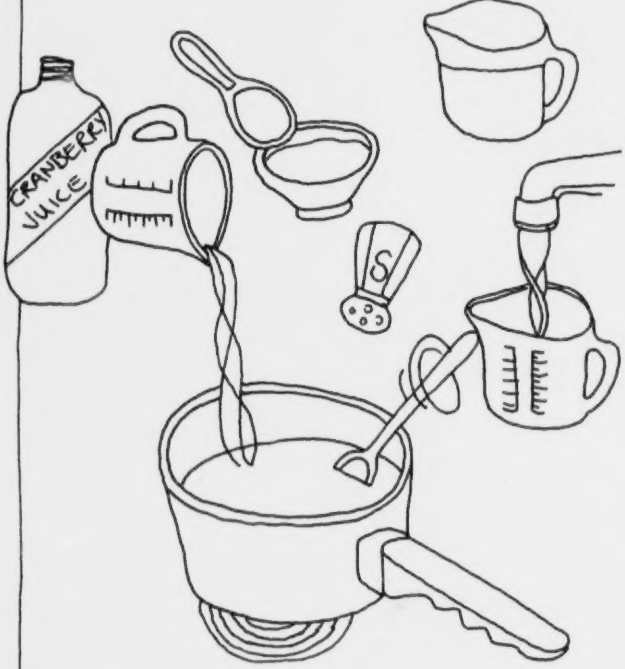
SERVE HOT.

CRANBERRY FRUIT SOUP

6 servings *hot plate*

Here's an unusual one using cranberries, which can be gathered in many communities.





MAKE cranberry juice.

THEN TAKE

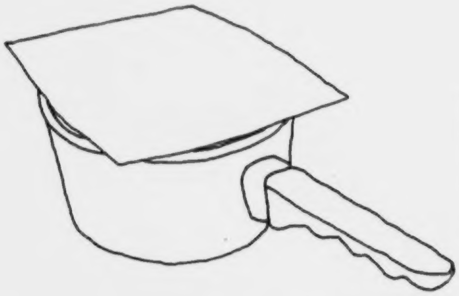
1 L JUICE
100 mL QUICK-COOKING TAPIOCA
250 mL WATER
pinch SALT
SUGAR to taste

COOK over medium heat, stirring all the time, 'til the mixture boils and is clear.

COOL — put a piece of wax paper over the surface.

When cold, serve in bowls. You can serve it as a SOUP or DESSERT.

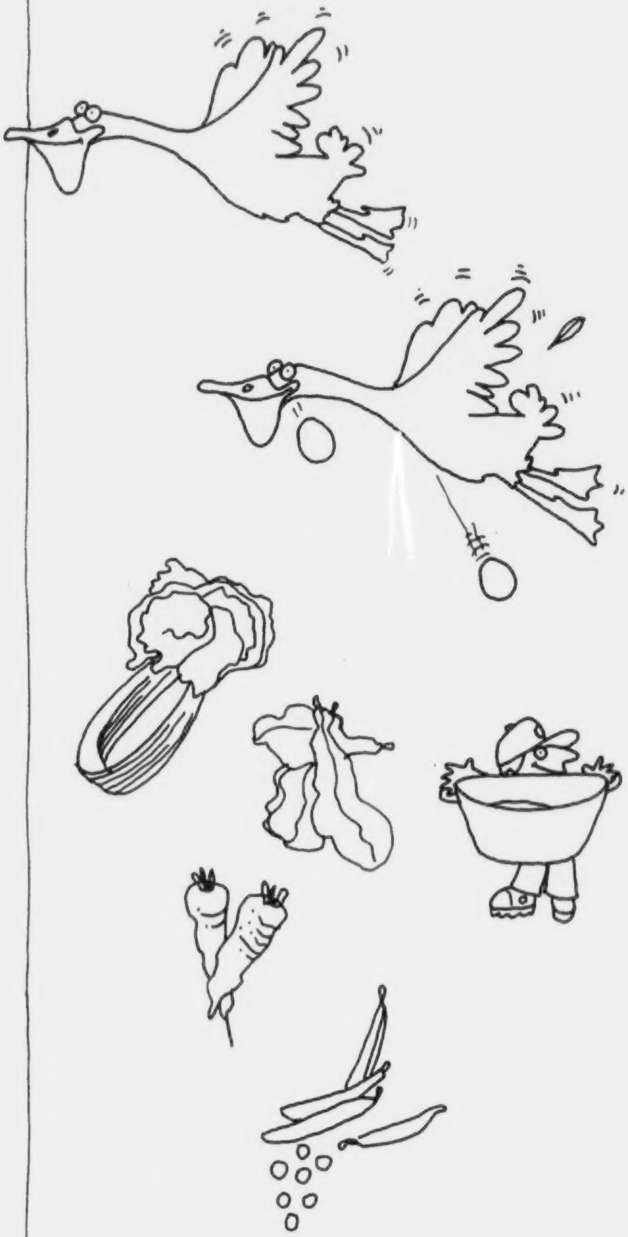
A spoonful of CREAM, or SOUR CREAM, can be put on top if you like.



MINI-LESSONS

Making juice from fresh or frozen fruit/berries.

CHINESE EGG DROP SOUP



Egg drop means that you really do drop the EGG into the stock.

The Chinese use clear stock made from CHICKEN and CHICKEN BONES.

The EGGS are beaten with a whisk 'til frothy; then you pour this mixture into fast boiling stock while you beat the stock with a long handled fork.

The EGGS cook in long lacy threads which look very pretty. Then it's all ready to eat.

You can make your own CHICKEN BROTH or buy BOUILLON CUBES or CANNED STOCK.

You need about 750 mL of BROTH and 2 EGGS.

If you want to add PEAS and MUSHROOMS, cook these vegetables first in the stock.

Cooked CHICKEN MEAT cut into small pieces is also good.

Of course, you can use any meat stock. Romans make an egg drop soup and add GRATED CHEESE to the EGGS.

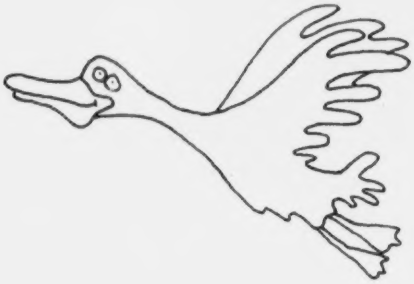
Maybe you'd like to try some stock made from some of our NORTHERN BIRDS.

If you're stuck why not try small cans of CHICKEN, but be sure to add enough seasonings to make it tasty and use enough cans so that everybody gets some.

MINI-LESSONS

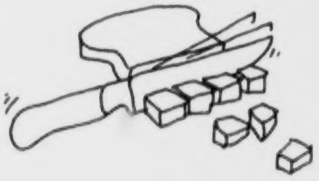
Using a whisk.

Dissolving bouillon cubes.

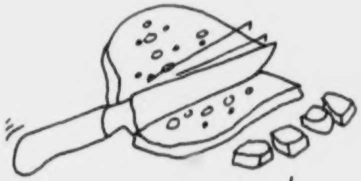


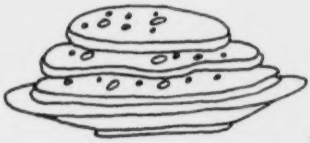
CROUTONS

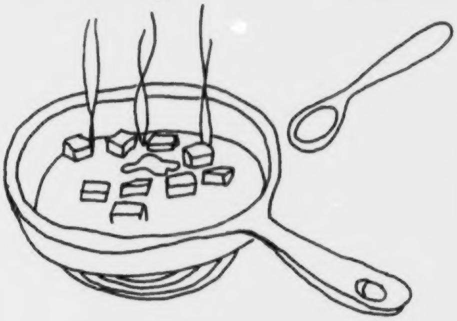
CUT BREAD or BANNOCK into cubes.
TOSS in melted FAT in a pan
(or you can bake them in the oven 'til they're brown).



You can add something to colour (e.g. PAPRIKA) or flavour them (e.g. CHEESE)







MINI-LESSONS

Making bannock.

Cutting bread and bannock — slicing and dicing.

Using a bread knife.

Making pancakes.

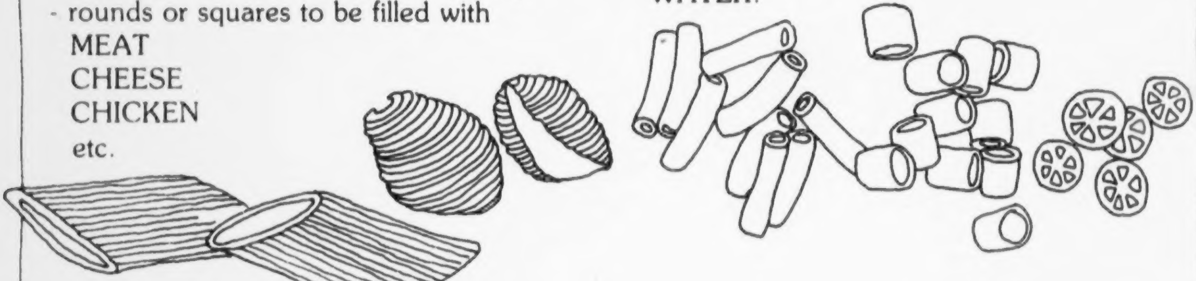
Popping corn.

NOODLES

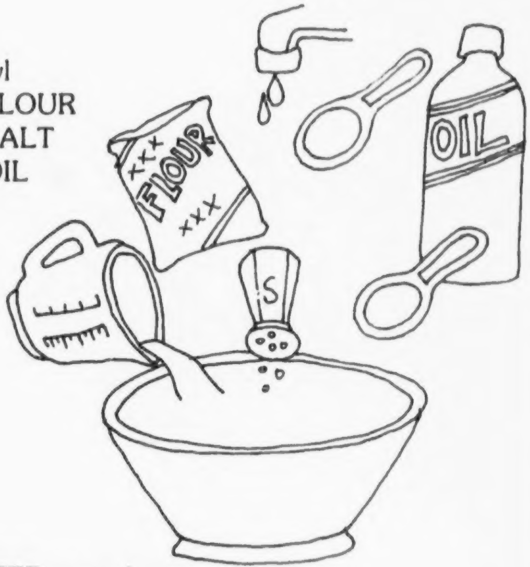
This can be a very useful recipe if you have no oven, because you can make

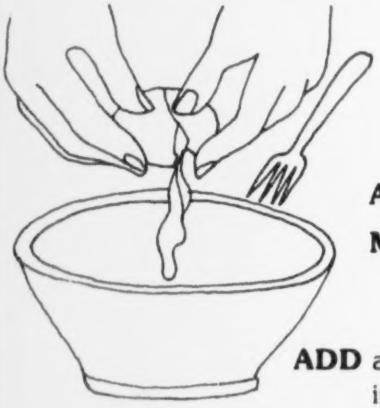
- very thin match-like noodles for soup
- rounds or squares to be filled with
  MEAT
  CHEESE
  CHICKEN
  etc.
- wider noodles with MEAT SAUCES

And they're all cooked in BOILING WATER.



PUT into a bowl
250 mL FLOUR
3 mL SALT
15 mL OIL

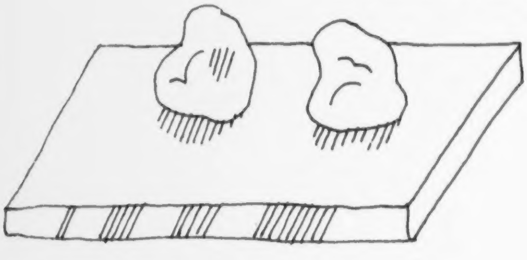




ADD 1 EGG

MIX with a fork.

ADD a few drops of WATER to make it into a rough ball (enough WATER to make it all come together, approx. 15-30 mL)



Put FLOUR on a board.

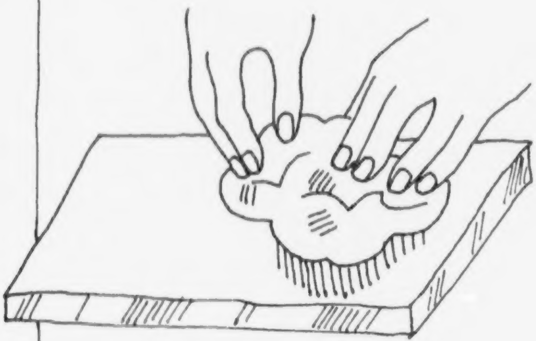
MINI-LESSONS

Rolling with a rolling pin (you can practice with play dough).

Cutting pastry.

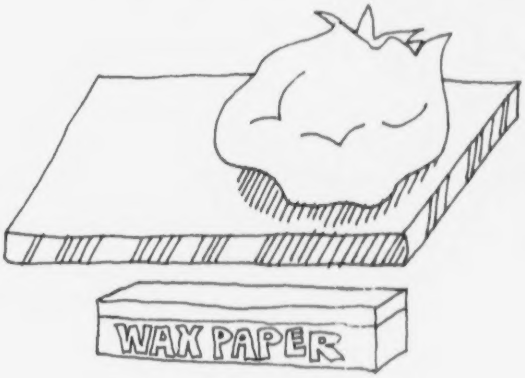
Beating with a fork and an egg beater.

Cracking an egg.

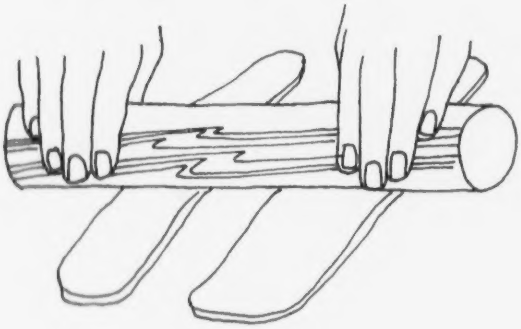


KNEAD the dough for 10 minutes, 'til it is smooth, shiny and elastic.

WRAP in wax paper. Let it rest for 10 minutes.



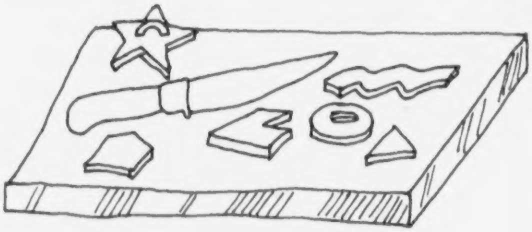
DIVIDE into two balls. **FLATTEN** with hands, then **ROLL** into a long, very thin strip.



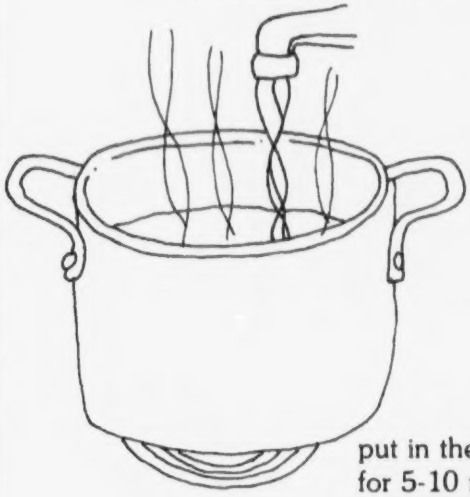
For noodles, roll up like a jelly roll and cut into thin strips.

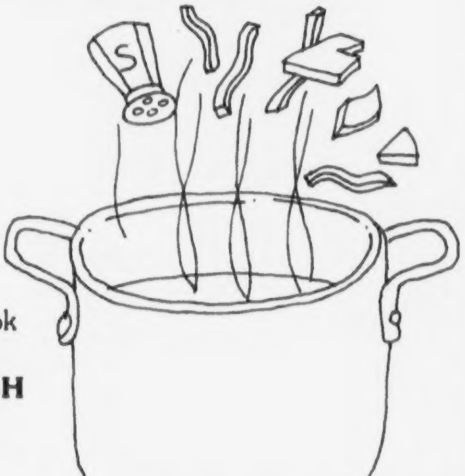
For lasagne, cut into wider strips.

Cut into any shapes you want.



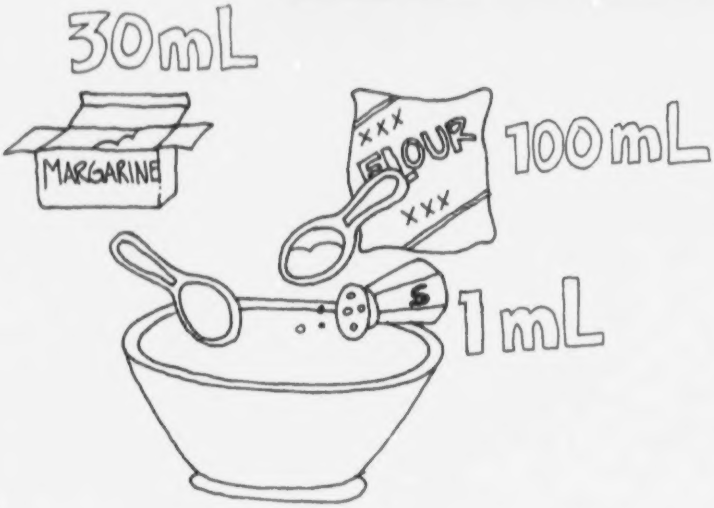
TO COOK Get a large pot of BOILING WATER. Add some SALT,



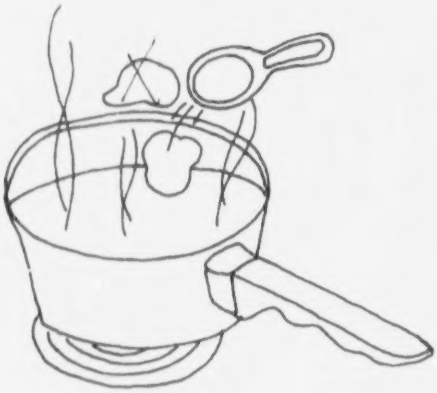


put in the noodles and cook for 5-10 minutes. When ready, **STRAIN** and **WASH** with hot or cold water. NOODLES should not be hard.

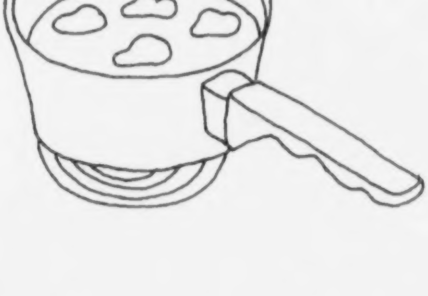
DUMPLINGS


30mL
MARGARINE
XXX
FLOUR
XXX
100mL
S
1mL

DROP FROM SPOON INTO SIMMERING STOCK



COOK 5 MINUTES



ACTIVITIES

Make shakers from empty soup packages. Fill the empty package with rice, sand, etc., seal it and decorate it. Cans could also be used.

Reinforce numbers, the alphabet, shapes etc. by making noodles for soup in various shapes.

Try different utensils for eating soup and for holding soup. Which is best?

Can you freeze soup. Try making soup-sicles.

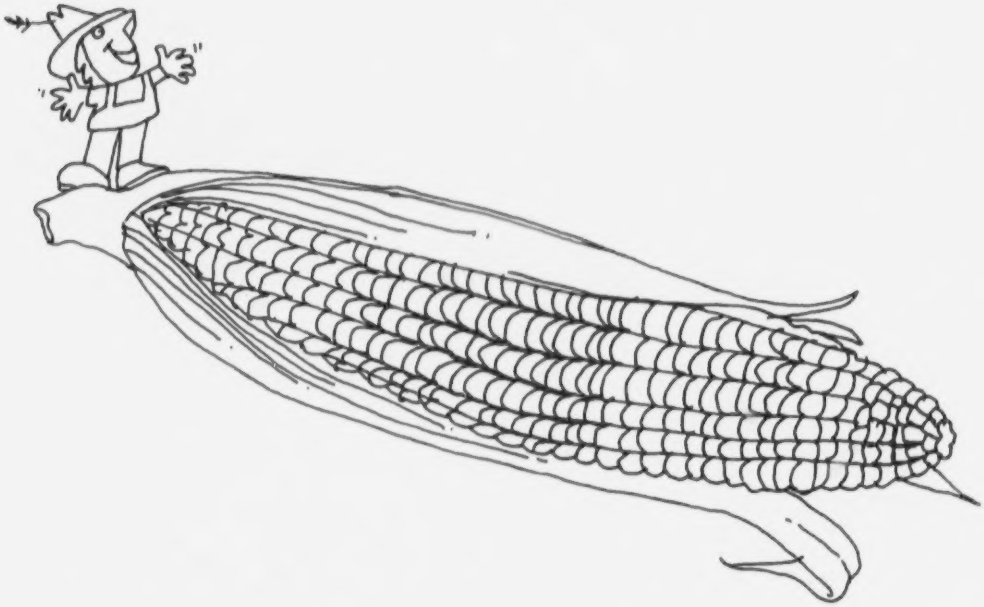
Go for a walk to find a stone for making stone soup. When you make soup add a little magic to the activity by putting this stone in the cooking pot. Your left-overs will never taste so good!

Look in the store for different ways soup can be bought. Compare cost. Which is the best value? Which tastes the best?

BOOKS

Stone Soup, Marcia Brown.
Charles Scribner & Sons
Distributed by John Wiley & Sons Canada Limited
22 Worcester Road
REXDALE, Ontario

Little Bear (Birthday Soup), Else Holmelund Miverick.
Harper & Row.
Distributed by Fitzhenry & Whiteside
150 Lesmill Road
DON MILLS, Ontario

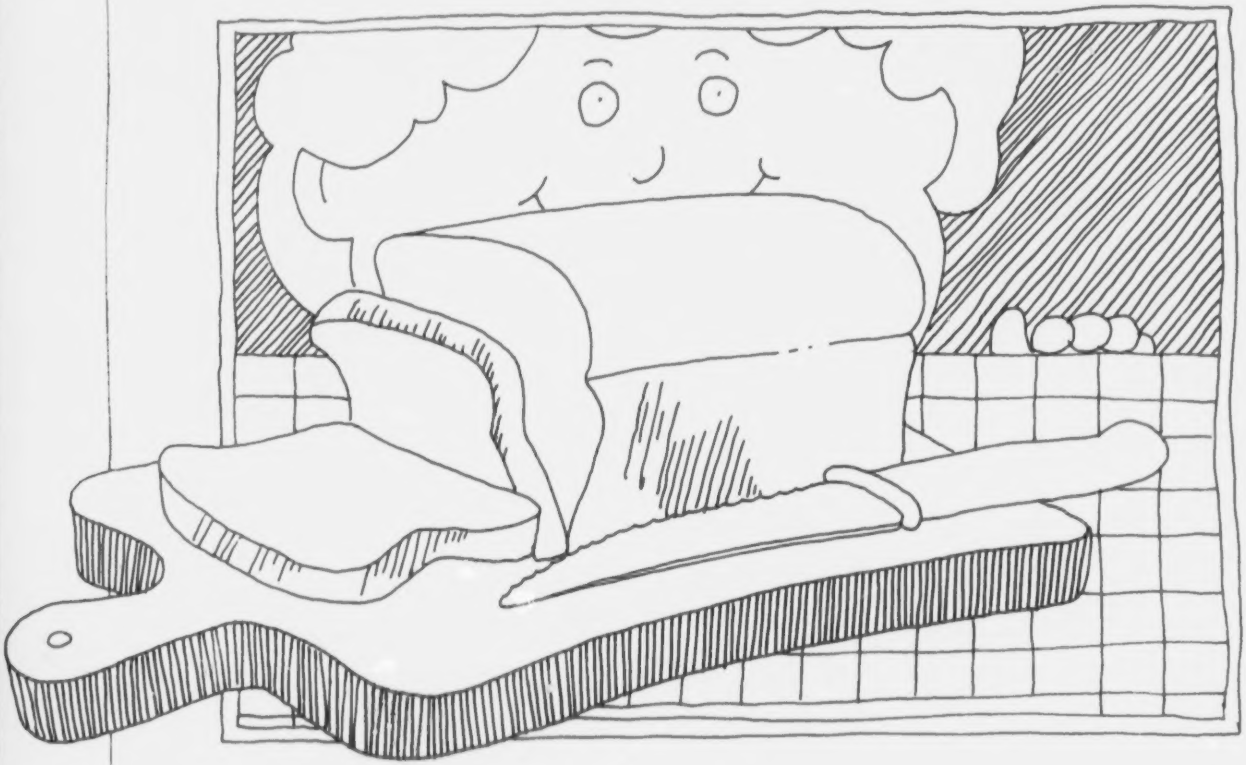


BREAD

Quick breads are particularly good for school baking.

Children can experiment with flour, salt, baking powder, milk and lard to make up their own basic recipes.

They can then try adding a little bit of this and that to the basic recipe to come up with a variety of tastes and textures.



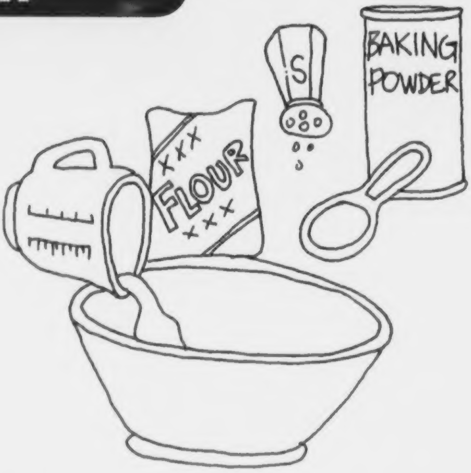
Bannock is the best known quick bread in the north. A similar recipe is used throughout the world under a variety of names (scones in England, Welsh cakes in Wales, damper in Australia, tea biscuits in much of Canada).

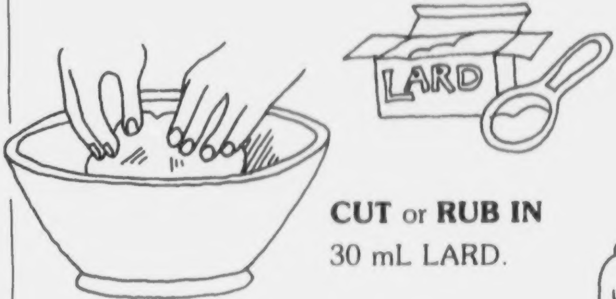
Yeast breads, although they take much longer to prepare, are well worth the time and effort involved.

BANNOCK

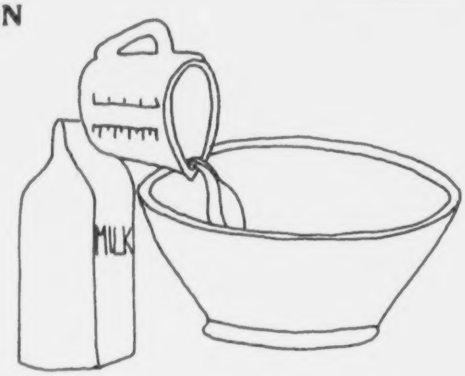
6-8 servings *hot plate or oven*

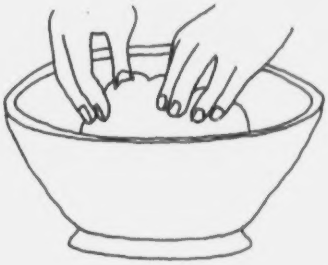
MIX 500 mL FLOUR
5 mL SALT
10 mL BAKING POWDER





CUT or **RUB IN**
30 mL LARD.





ADD about 175 mL MILK.

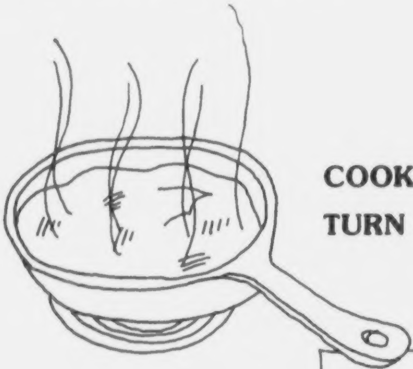
MIX (flour should be wet but not sticky).

KNEAD.

PUT in a greased fry pan.

Variations

1. For a richer, more nutritious mixture, add an egg or egg powder or milk powder.
2. Add raisins, spices, parsley, grated cheese, etc.
3. Cut into different shapes before baking.



COOK 10 minutes ('til golden brown).

TURN and **COOK** on other side.

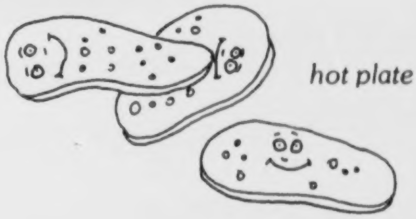
You can bake it in the oven if you like — for about 20 minutes at 220°C.

MINI-LESSON

For practice in kneading dough, give the children some play dough.

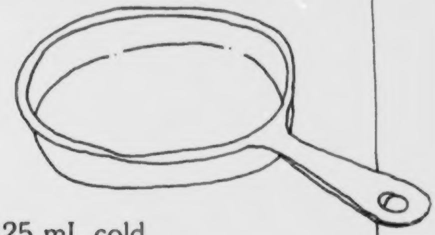
TEA BISCUITS

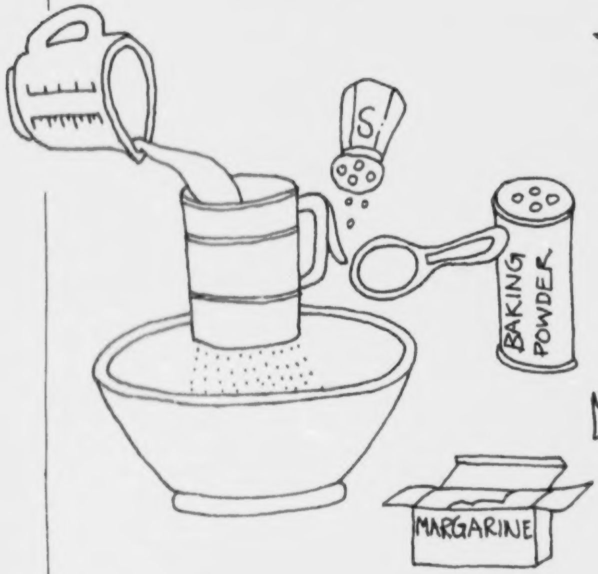
12-18 biscuits



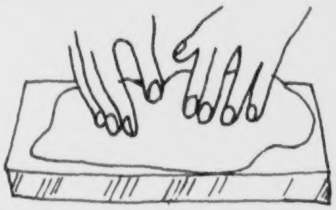
hot plate or oven

SIFT together
500 mL ALL PURPOSE FLOUR
60 mL BAKING POWER
5 mL SALT



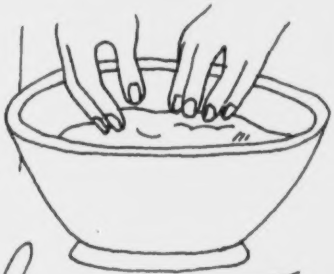


CUT or **RUB IN** 125 mL cold SHORTENING 'til it looks like breadcrumbs (probably easier to use fingers for this).

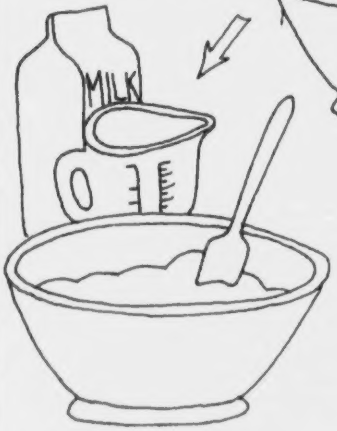


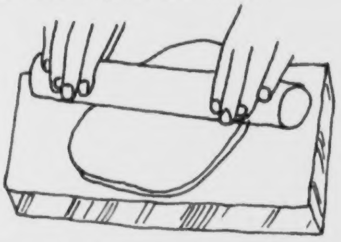
KNEAD on a lightly floured surface 10 to 12 times.

ROLL or **PAT OUT** (not too thin).

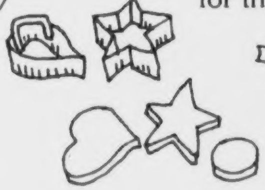


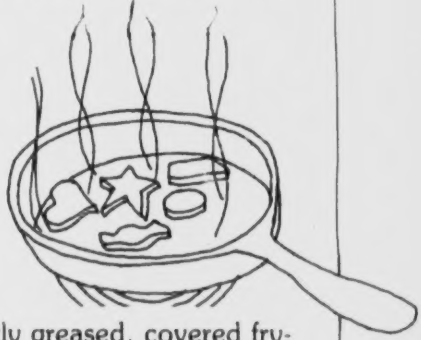
ADD 180-250 mL MILK.





CUT desired shapes (you can use a glass for this).





MIX 'til it all sticks together, but is not too sticky to handle.

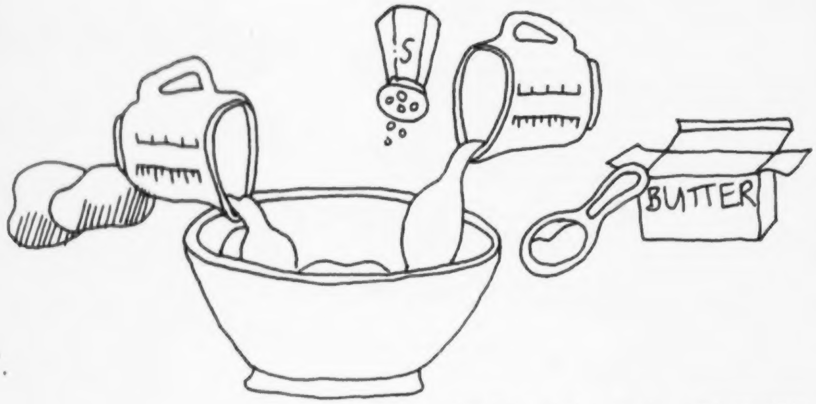
COOK in a lightly greased, covered frying pan (medium-high temperature).

BAKE at 200°C for 12 minutes.

POTATO SCONES

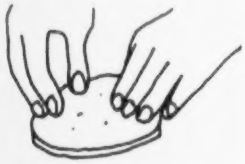
hot plate

MIX 3 parts MASHED POTATOES
(instant is fine)
1 part FLOUR

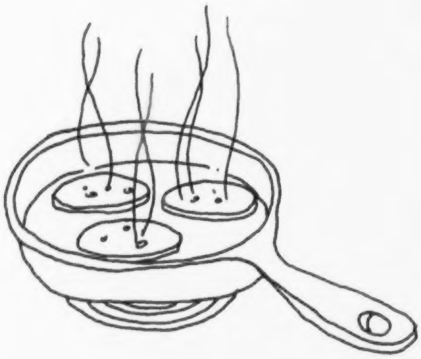


SEASON with SALT.

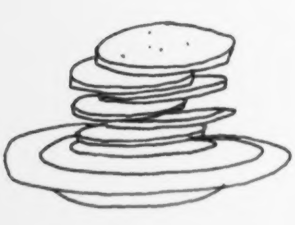
ADD a little melted BUTTER.



SHAPE into flat cakes (about 3 cm thick). Use about 50 mL of mixture.

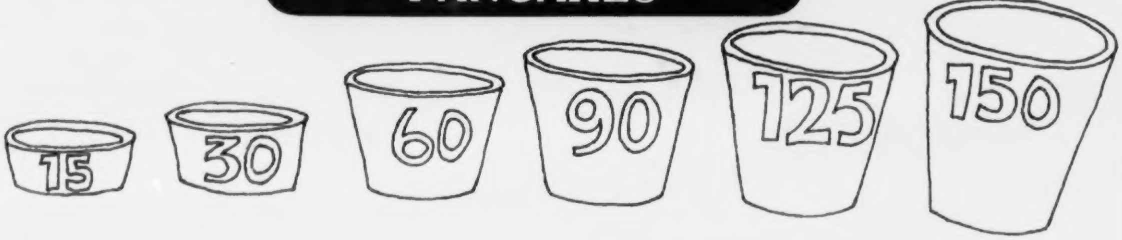


COOK in a lightly greased heavy pan 'til they are brown on both sides (3-5 minutes).



Good to eat hot or cold with butter or margarine.

PANCAKES


15
30
60
90
125
150

GIVE EACH CHILD a cup
(about 250 mL in size).

PUT INTO IT: 15 mL EGG POWDER
30 mL POWDERED MILK

MIX WELL.

ADD: 60 mL FLOUR
2 mL BAKING POWDER
15 mL CORN OIL

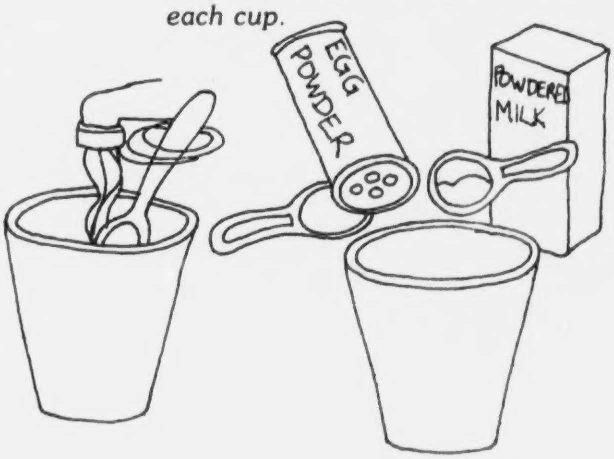
FILL the cup almost to the top with water.

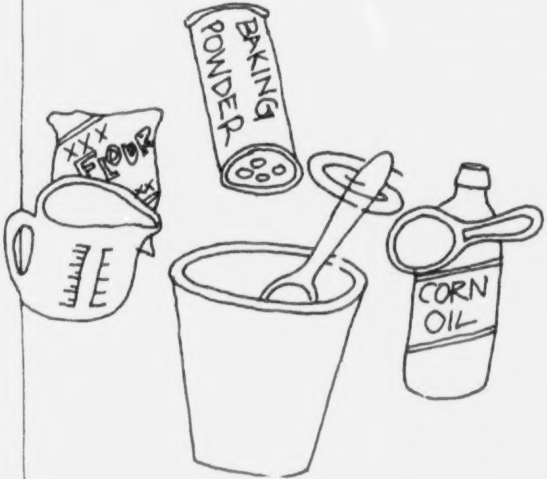
STIR.

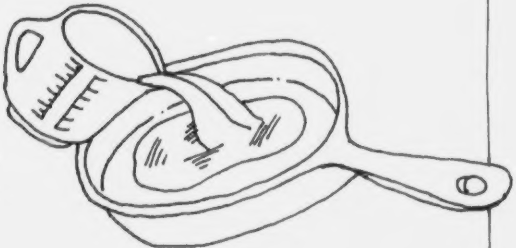
COOK in a lightly greased pan.

EAT at once with syrup.

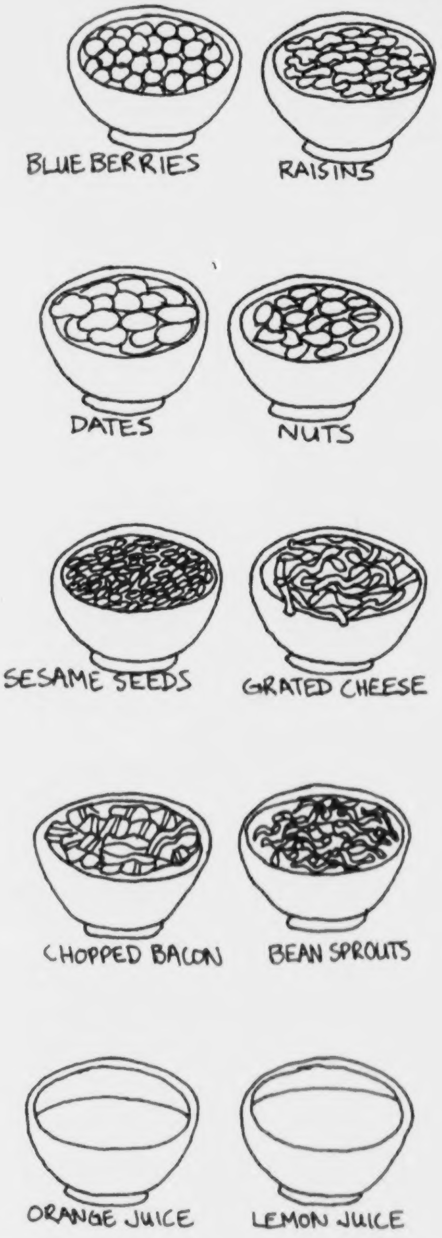
When doing this kind of individual cooking with young children it's often easier to make your own measures
- e.g. take paper or styrofoam cups and cut them off at the required measurement levels i.e. 15 mL, 30 mL, 60 mL. Don't forget to mark each cup.


EGG POWDER
POWDERED MILK


BAKING POWDER
XXX
FLOUR
XX
CORN OIL



hot plate


BLUEBERRIES
RAISINS
DATES
NUTS
SESAME SEEDS
GRATED CHEESE
CHOPPED BACON
BEAN SPROUTS
ORANGE JUICE
LEMON JUICE

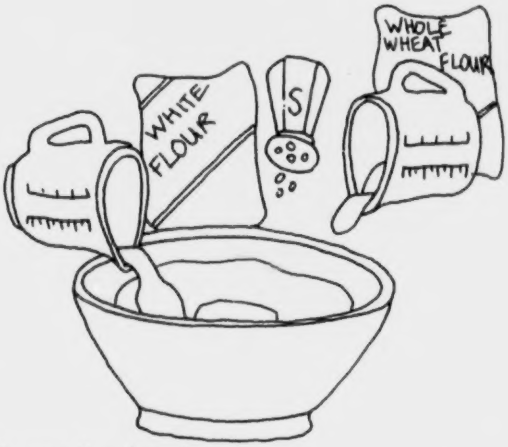
Variations

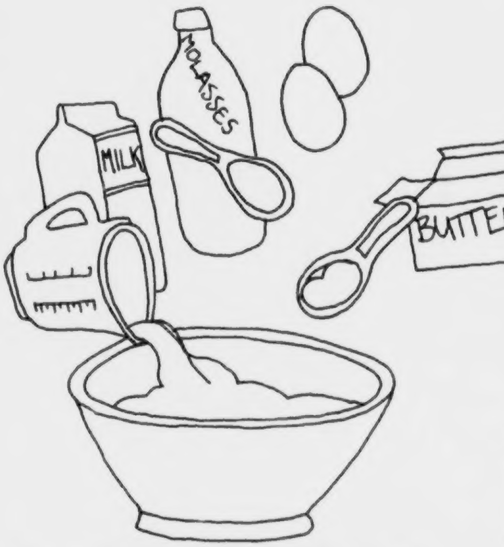
You can add many different things to your pancakes. Have little bowls of these so children can choose for themselves — e.g. blueberries, raisins, dates, nuts, sesame seeds, grated cheese, chopped bacon and sausage, bean sprouts, lemon juice, orange juice. Try splitting the pancake and putting some filling like cream cheese or apple sauce, or something you like, in the middle.

here's another pancake recipe

MIX 175 mL WHOLE WHEAT FLOUR
250 mL WHITE FLOUR
2 mL SALT

Make a hole in the centre of this.

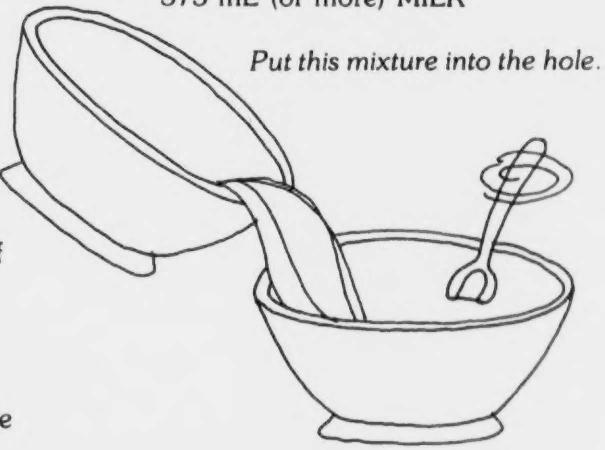




In another bowl,

MIX 1 or 2 EGGS
30 mL MOLASSES
150 mL melted BUTTER
375 mL (or more) MILK

Put this mixture into the hole.



MIX EVERYTHING TOGETHER, BEATING LIGHTLY.

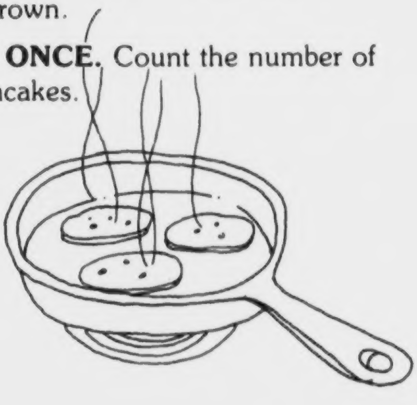
Your pan is hot enough if a little drop of water bounces off the hot surface.

POUR spoonfuls of batter into the pan.

COOK on one side for 2-3 minutes ('til the edges are dry and the middle is bubbly).

TURN OVER. Cook 'til that side is brown.

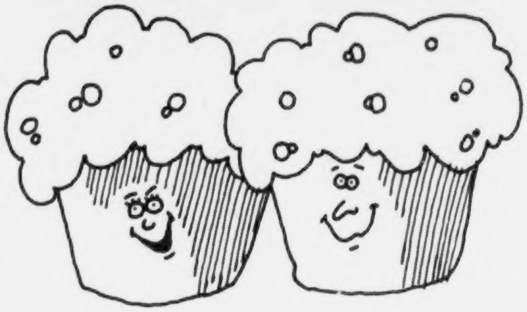
EAT AT ONCE. Count the number of pancakes.



MINI-LESSON

Flipping pancakes takes practice (and a certain amount of co-ordination). Young children can practise using an egg flipper and a piece of cardboard.

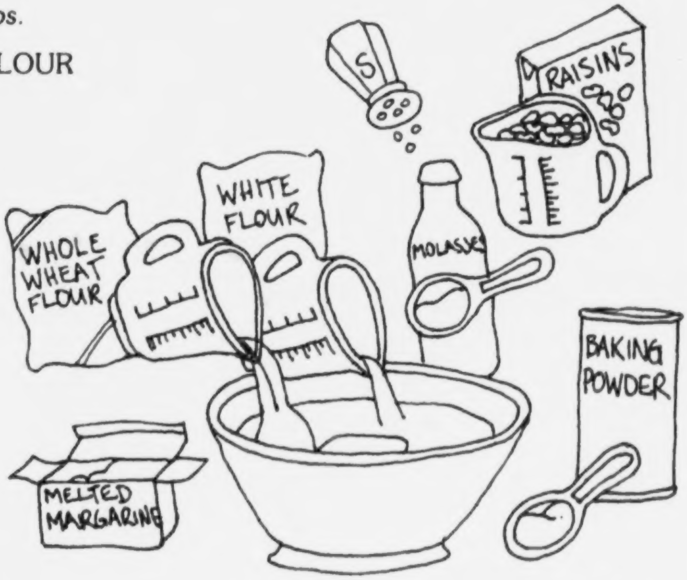
MUFFINS



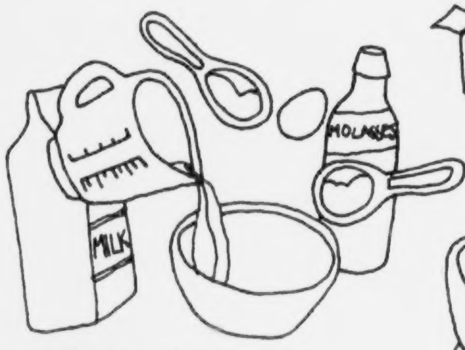
makes 20 large muffins • *You can use paper cups.*

MIX 350 mL WHOLE WHEAT FLOUR

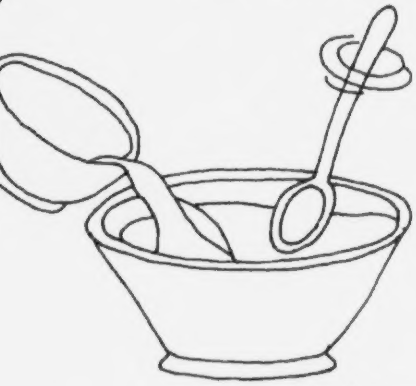
125 mL WHITE FLOUR
10 mL BAKING POWDER
125 mL RAISINS (or cranberries, blueberries, grated cheese, etc.)
2 mL SALT


S
RAISINS
WHITE FLOUR
WHOLE WHEAT FLOUR
MOLASSES
BAKING POWDER
MELTED MARGARINE

Make a hole in the centre of this.


MOLASSES
MILK

In another bowl,
MIX 1 EGG
250 mL MILK
45 mL melted MARGARINE
30 mL MOLASSES



Put this mixture into the hole.

MIX EVERYTHING TOGETHER, BEATING LIGHTLY.

Put into greased muffin pans and bake for 20 minutes at 200°C.

BREAD, MUFFINS, PANCAKES, ETC.

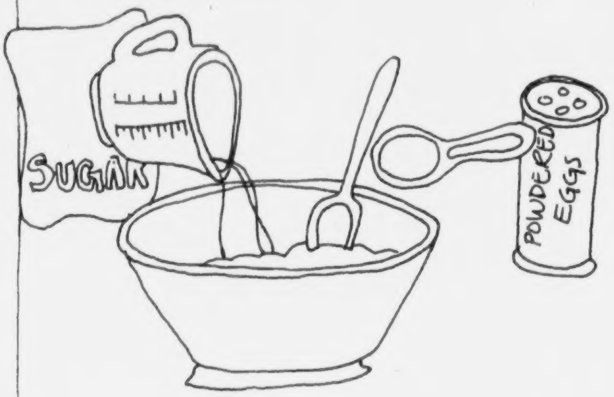
Make up this mixture, store it in air tight containers at room temperature and use it in a variety of recipes — tea biscuits, bannock, muffins, pancakes, coffee cakes, loaf breads.

Add MILK when you're ready to use the dough:

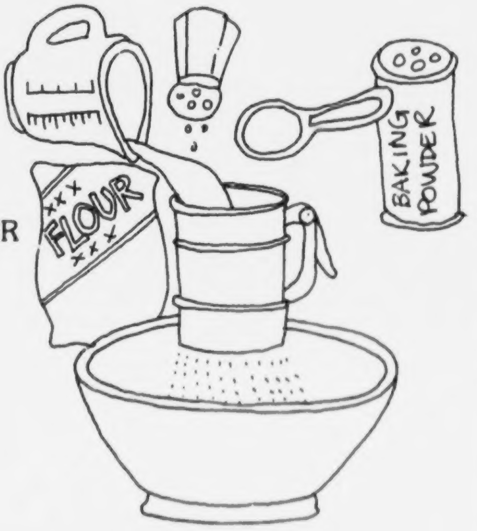
for pancakes: *runny*

for muffins and breads: *sticky*

for bannock and tea biscuits: *soft, but not sticky*



MIX together:
100 mL powdered eggs
100 mL SUGAR



SIFT together
2.5 L ALL PURPOSE FLOUR
8.5 mL BAKING POWDER
15 mL SALT

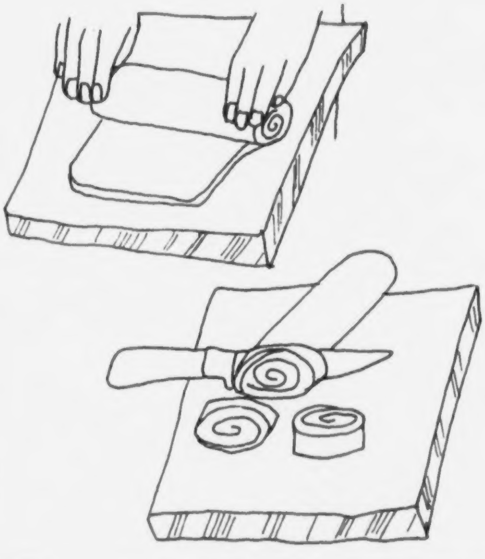
ADD FLOUR MIXTURE to EGG MIXTURE.

CUT or **RUB IN** 450-500 mL SHORTENING, 'til it all looks like breadcrumbs.

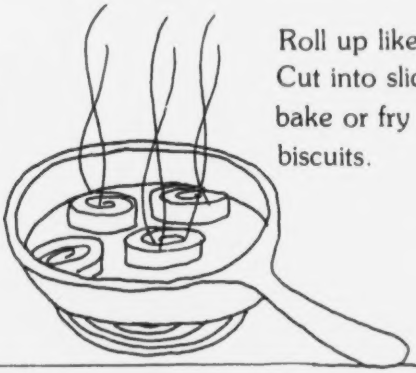
Variations

Roll out the dough into a rectangle.

Spread on softened margarine. Sprinkle cheese, tuna, salmon or cooked ground meat over it.



Roll up like a jelly roll. Cut into slices and bake or fry like tea biscuits.

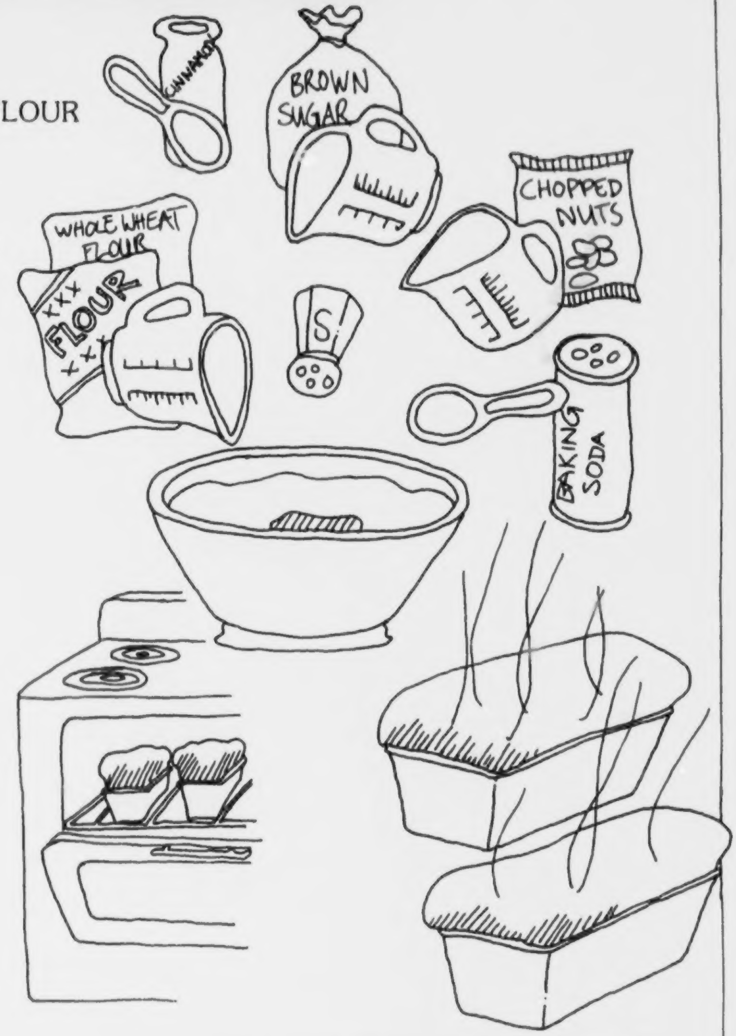


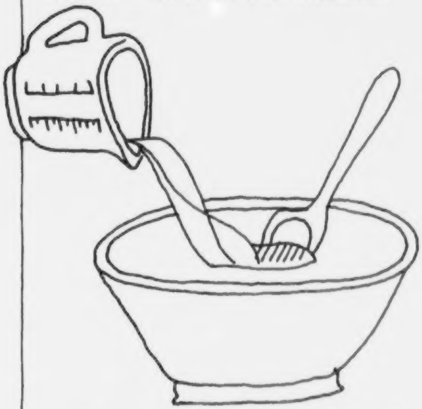
NUT BREAD

2 loaves

MIX 500 mL WHOLE WHEAT FLOUR
250 mL WHITE FLOUR
250 mL BROWN SUGAR
5 mL SALT
15 mL BAKING POWDER
5 mL BAKING SODA
250 mL CHOPPED NUTS
5 mL CINNAMON

Make a hole in the middle.


CINNAMON
BROWN SUGAR
CHOPPED NUTS
WHOLE WHEAT FLOUR
FLOUR
S
BAKING SODA



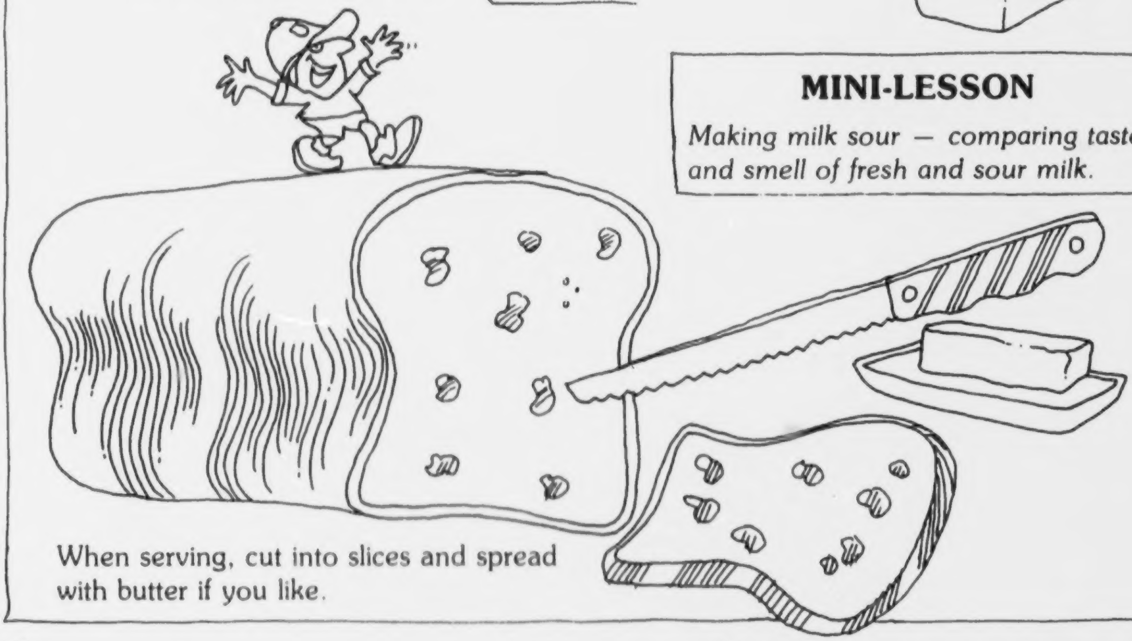
ADD 500 mL SOUR MILK.

STIR WELL.

BAKE in two loaf pans
for one hour at 170°C.

MINI-LESSON

Making milk sour — comparing taste and smell of fresh and sour milk.



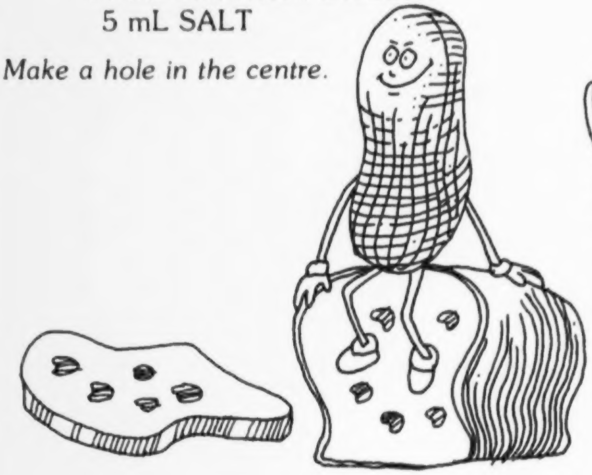
When serving, cut into slices and spread with butter if you like.

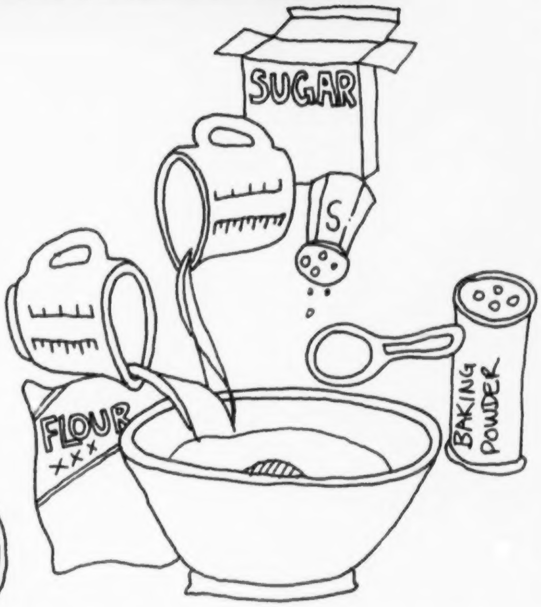
PEANUT BUTTER BREAD

1 loaf *oven*

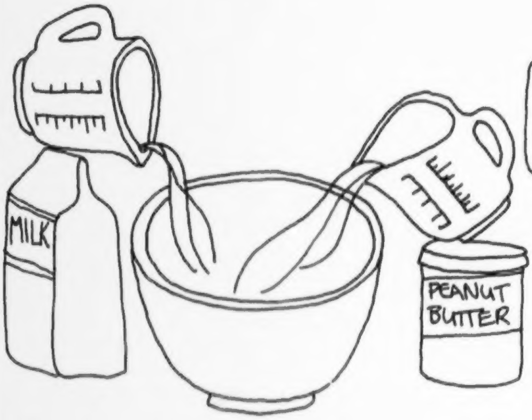
MIX 500 mL ALL PURPOSE FLOUR
100 mL SUGAR
10 mL BAKING POWDER
5 mL SALT

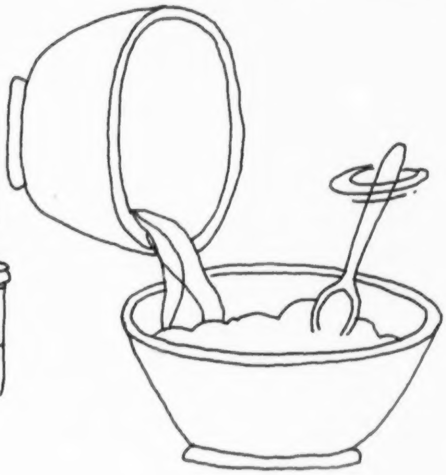
Make a hole in the centre.




SUGAR
S
FLOUR
XXX
BAKING POWDER

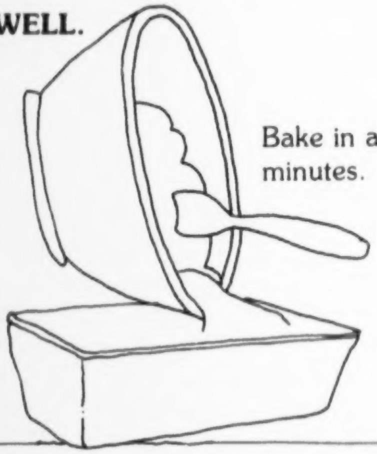
In another bowl, MIX 375 mL MILK
175 mL PEANUT BUTTER


MILK
PEANUT BUTTER



Put this mixture in the hole.

STIR WELL.



Bake in a loaf pan at 180°C for about 50 minutes.

MINI-LESSONS

Making peanut butter.

PRUNE BREAD

2 loaves *oven*

MIX 250 mL WHOLE WHEAT OR RYE FLOUR
500 mL ALL PURPOSE FLOUR
5 mL BAKING SODA
1 mL BAKING POWDER
2 mL SALT

Make a hole in the centre.

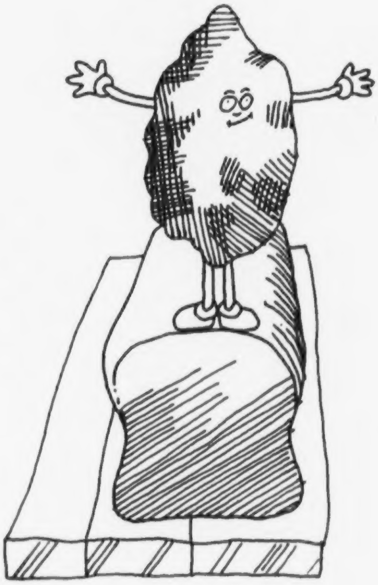
In another bowl,

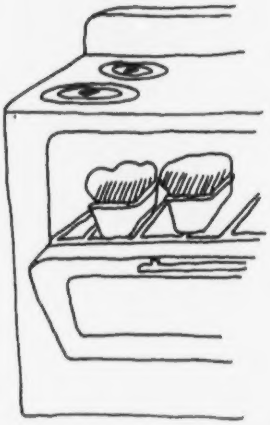
MIX 250 mL SUGAR
30 mL melted BUTTER/MARGARINE
1 EGG
250 mL chopped cooked PRUNES (or APRICOTS)
125 mL PRUNE JUICE
250 mL SOUR MILK (or BUTTERMILK)

Put this mixture in the hole.

STIR WELL.

Put into two greased loaf pans and bake for 1 hour at 180°C.





MINI-LESSONS

Cooking prunes — prunes and milk make a tasty and nutritious snack, and an easy one for beginning cooks.

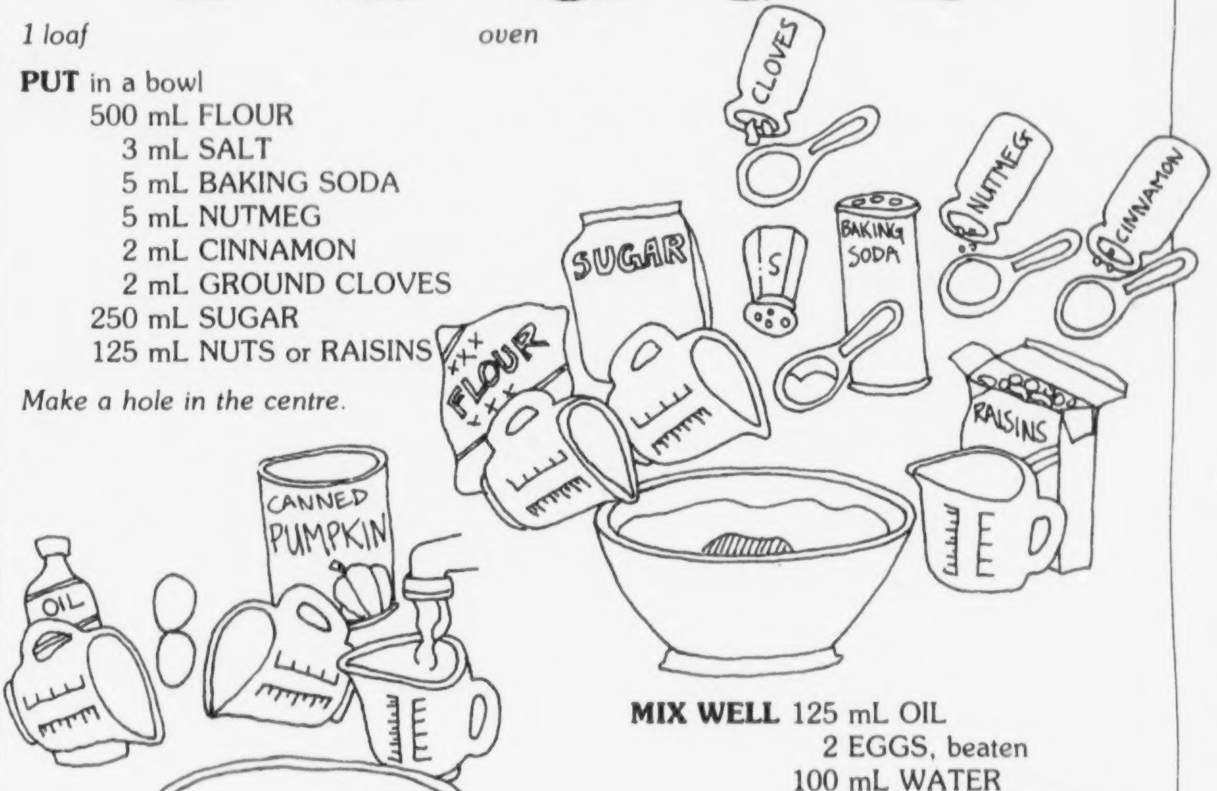
PUMPKIN BREAD

1 loaf *oven*

PUT in a bowl

500 mL FLOUR
3 mL SALT
5 mL BAKING SODA
5 mL NUTMEG
2 mL CINNAMON
2 mL GROUND CLOVES
250 mL SUGAR
125 mL NUTS or RAISINS

Make a hole in the centre.


CLOVES
NUTMEG
CINNAMON
SUGAR
S
BAKING SODA
FLOUR
RAISINS
CANNED PUMPKIN
OIL

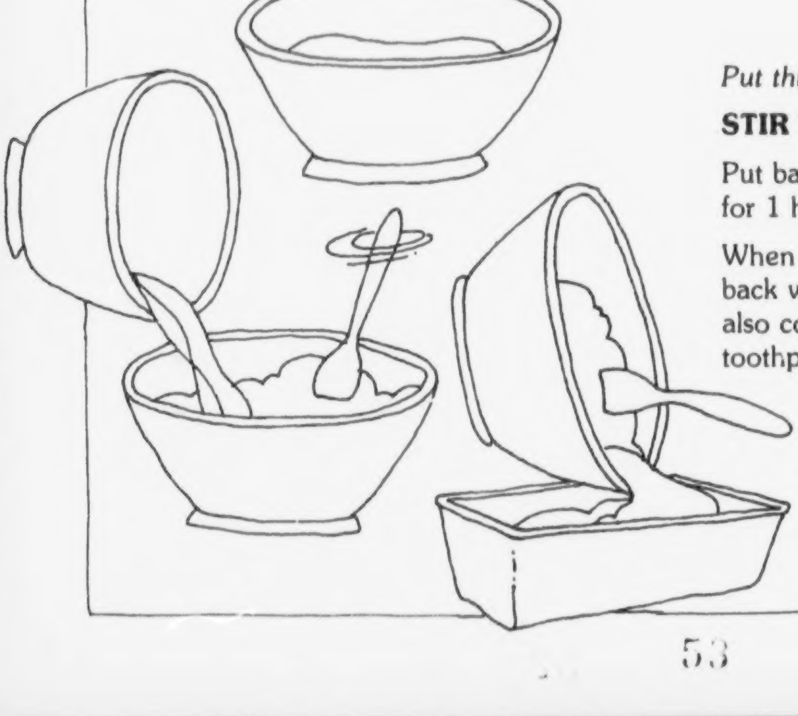
MIX WELL 125 mL OIL
2 EGGS, beaten
100 mL WATER
250 mL canned PUMPKIN

Put this mixture in the hole.

STIR WELL.

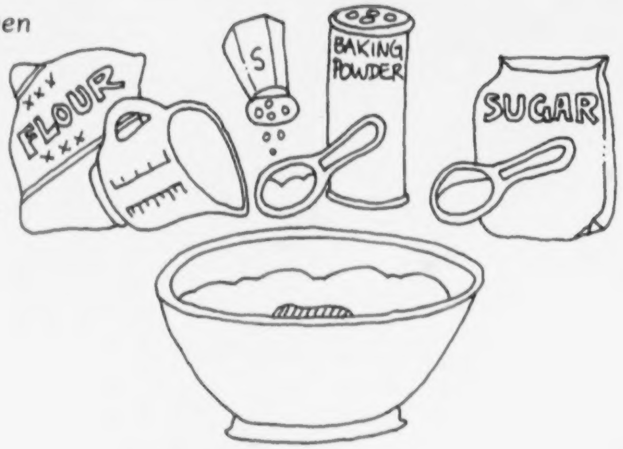
Put batter in a greased loaf pan and bake for 1 hour at 180°C.

When done, the top is firm and springs back when touched. The sides of the loaf also come away from the pan. A toothpick comes out clean.



CORN BREAD

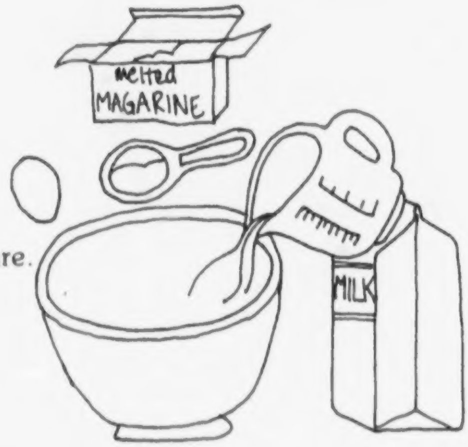
1 loaf *hot plate or oven*


FLOUR
S
BAKING POWDER
SUGAR

MIX 125 mL WHITE FLOUR
10 mL BAKING POWDER
15 mL SUGAR
4 mL SALT
ADD 300 mL YELLOW CORNMEAL.

Make a hole in the centre.

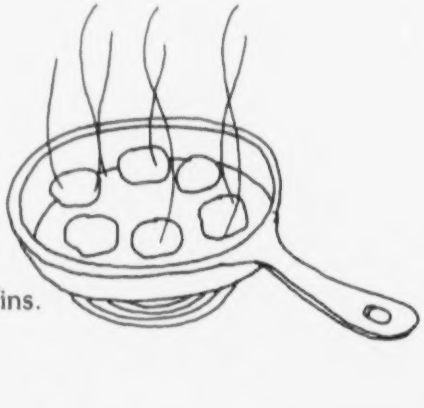
In another bowl,
MIX 1 EGG
30 mL melted BUTTER or MARGARINE
200 mL MILK


melted MAGARINE
MILK

ADD this to the other mixture.

STIR QUICKLY.

You can cook this in a very hot greased frying pan over slow-medium heat for 30 minutes. Cover with a lid.



or

in the oven at 200°C. Makes 15 muffins.

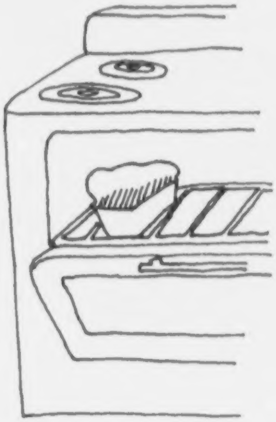
YEAST BREAD

One of the secrets of good bread making is to keep everything warm (body temperature) but not too hot, or you will kill the live yeast organism.

You can buy dried yeast which can be mixed into the dough at once. Read the instructions on the packet. It is more fun to watch the yeast grow and to smell the gorgeous "yeasty" smell right at the beginning.

Get together FLOUR, SALT, YEAST, WARM WATER, LARD, MILK and SUGAR.

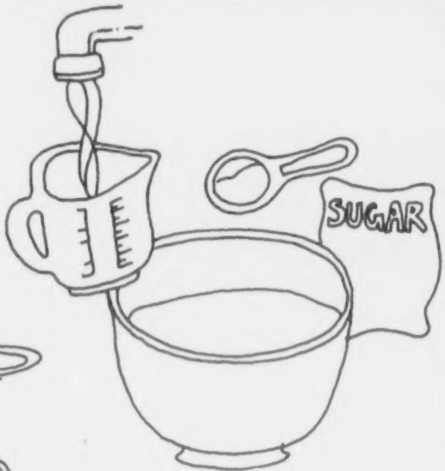
You may use many different flours e.g. white, wholewheat, oatmeal, rye, and use many nutritious additions — soy flour, wheat germ, cracked wheat (Red River cereal), peanut flour, corn meal, eggs, fruits and spices. You can use sugar, honey or molasses.



Here's an easy recipe for BREAD DOUGH...

2 loaves	*oven*
24 English muffins	*hot plate*

Test all liquids on the inside of your wrist. It should feel comfortably warm.



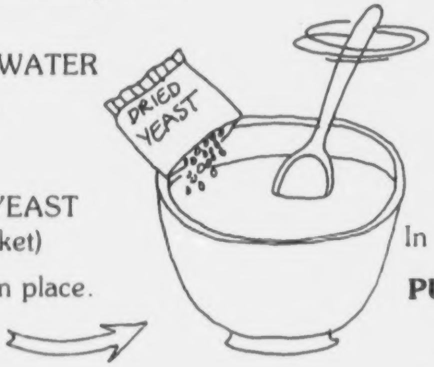
PUT in a small bowl
125 mL WARM WATER

ADD 5 mL SUGAR

STIR

ADD 15 mL DRIED YEAST
(one packet)

SET ASIDE in a warm place.



In a big bowl,

PUT 30 mL LARD (or other fat)
30 mL SUGAR
15 mL SALT

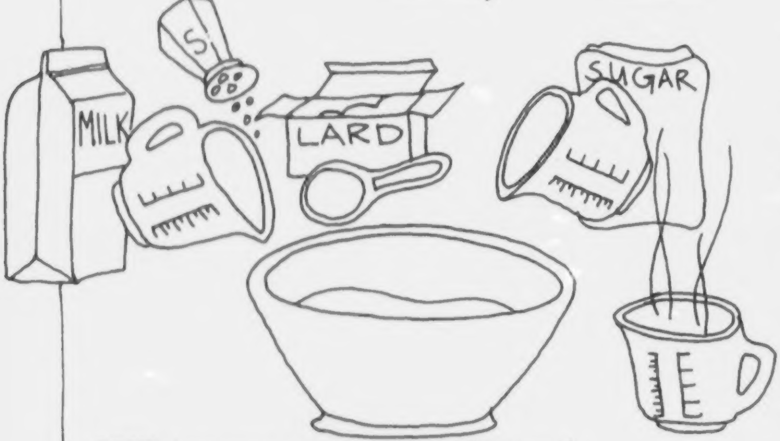
ADD 250 mL BOILING WATER
250 mL MILK

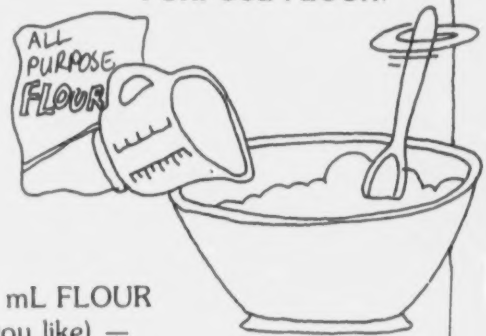
STIR 'til lukewarm.

ADD yeast mixture.

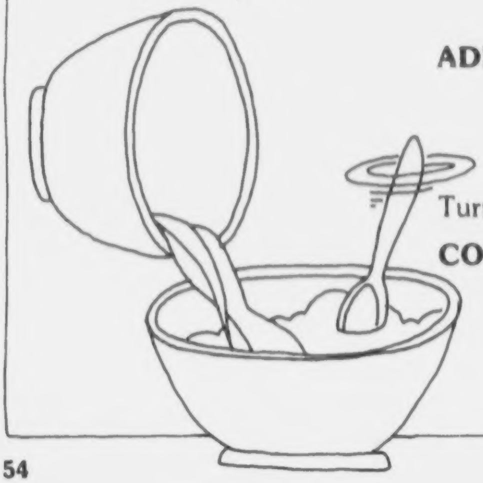
STIR.

ADD 750 mL ALL PURPOSE FLOUR.





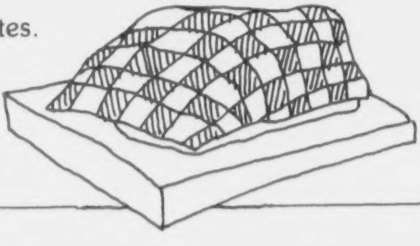
STIR (you can use an electric beater if you have one) and **BEAT** with a wooden spoon.

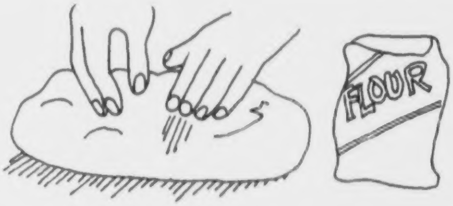


ADD another 500-750 mL FLOUR (whole wheat if you like) — enough to make a dough which comes away from the bowl.

Turn this out on a floured surface.

COVER for 10 minutes.



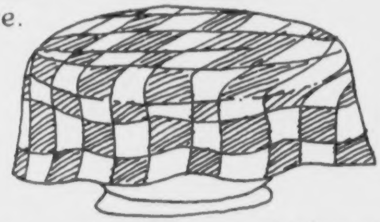


KNEAD with floured hands 'til you have an elastic smooth dough. This process takes some time and is very important. You cannot overknead. It is ready when the dent made by a light finger touch springs back.

PUT the dough into a greased bowl.

COVER with plastic and a clean cloth.

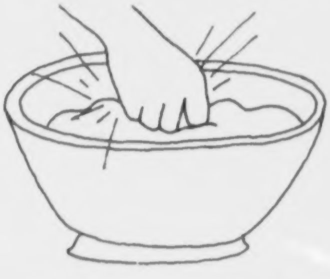
SET ASIDE in a warm, but not hot, place.



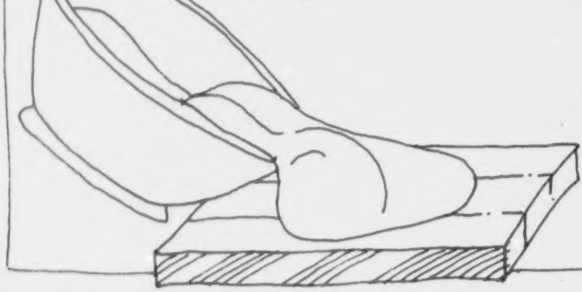
It will grow to twice its size, and takes at least one hour (When you touch it with your finger now, the dent remains).

You can now shape the dough.

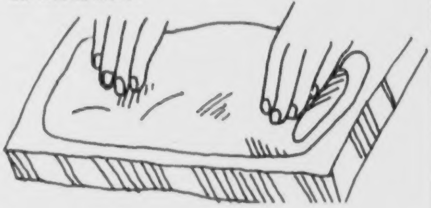
PUNCH DOWN the dough by pushing in the centre with your hand.



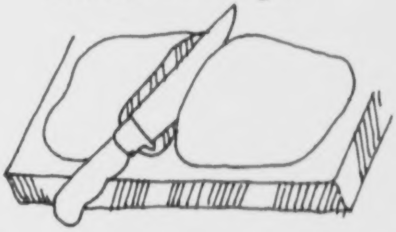
TURN the dough ONTO a floured board.



KNEAD 'til smooth.



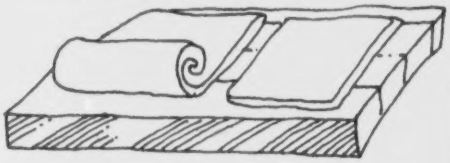
DIVIDE the dough.



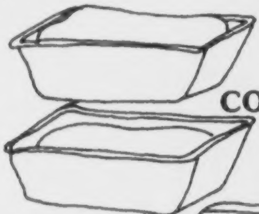
WAIT 5 minutes.

For bread loaves:

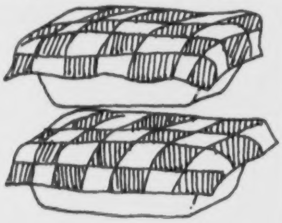
SHAPE the dough into rectangles and roll up like a jelly roll.

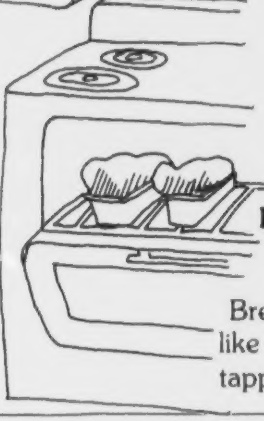


PUT in greased loaf pans with the seam underneath.



COVER again and let rise 'til twice its size.



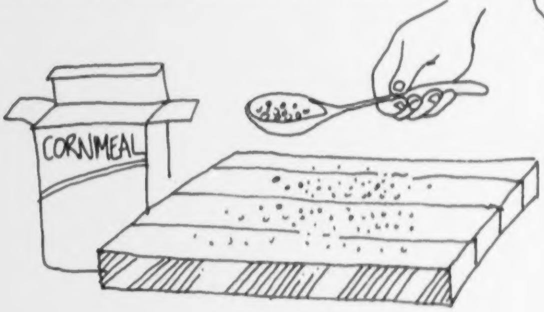


BAKE at 190°C for 40-60 minutes.

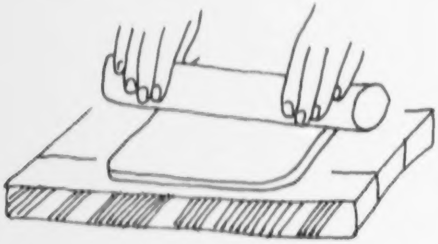
Bread is cooked if it sounds like a hollow drum when tapped on the bottom.

For English Muffins:

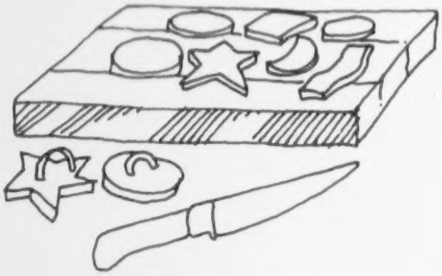
SPRINKLE the board with cornmeal.



ROLL the dough 'til it is 1 cm thick.



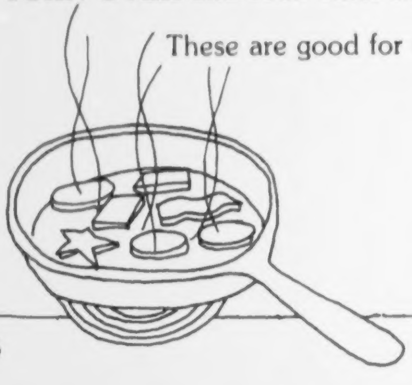
CUT OUT circles (or whatever shapes you want.



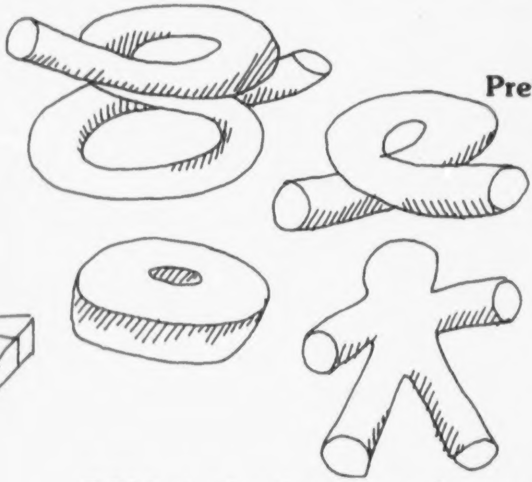
COOK in a heavy frying pan over low-medium heat.

TURN OVER and cook other side.

These are good for making pizzas.



Pretzels:



ROLL the dough into long thin strips with hands.

BRUSH WELL with beaten egg.

LET DOUGH RISE.

BRUSH AGAIN with beaten egg.

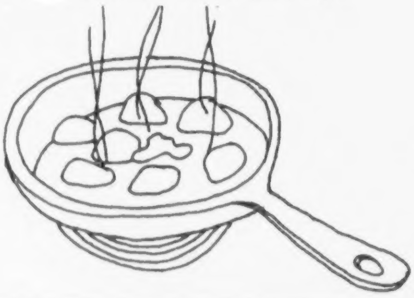
SPRINKLE with coarse salt, sesame or poppy seed.

Other Variations:

Take pieces of dough and create interesting shapes.

Let the dough rise before baking.

Fry some doughnut shapes. Be sure there is a hole in the middle. This way, all the dough will cook through.



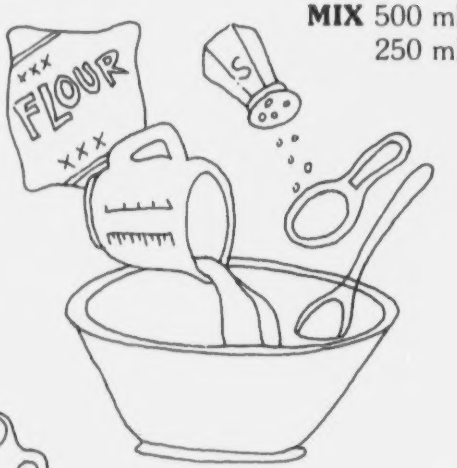
MINI-LESSON

Children will need lots of practice kneading dough.

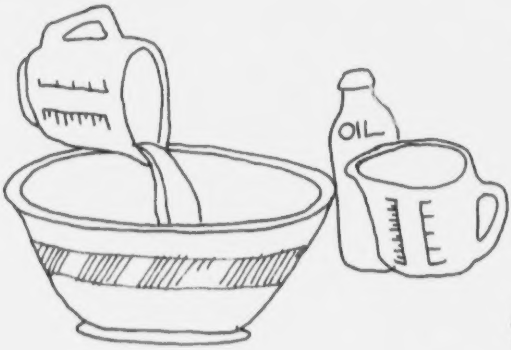
Give them play dough regularly. They can practice rolling and shaping the dough with this too.

PLAY DOUGH

MIX 500 mL FLOUR
250 mL SALT



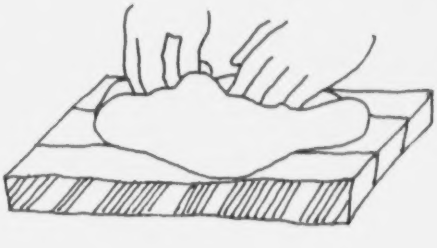
In a SEPARATE BOWL
MIX 250 mL WATER
60 mL OIL



ADD WATER/OIL a little at a time to FLOUR MIXTURE 'til it is the consistency of bread dough.

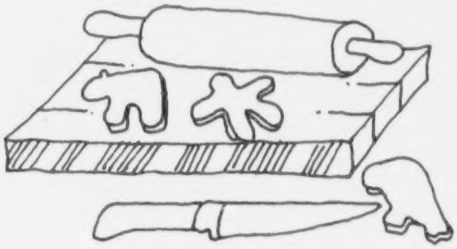
KNEAD for 4-5 min.

STORE in an airtight container (plastic bag is fine).



If you want coloured dough, add the colouring to the water before mixing.

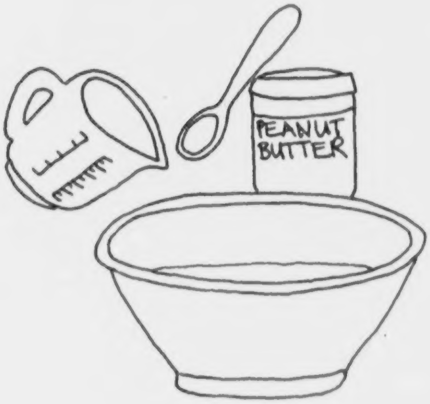
Mix as much of this dough as you need but keep roughly the proportion given above.



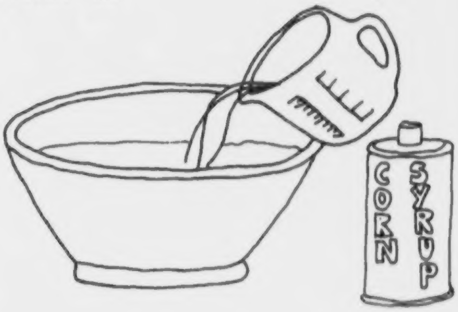
PEANUT BUTTER PLAY DOUGH

PEANUT BUTTER

PUT 250 mL PEANUT BUTTER in a bowl.

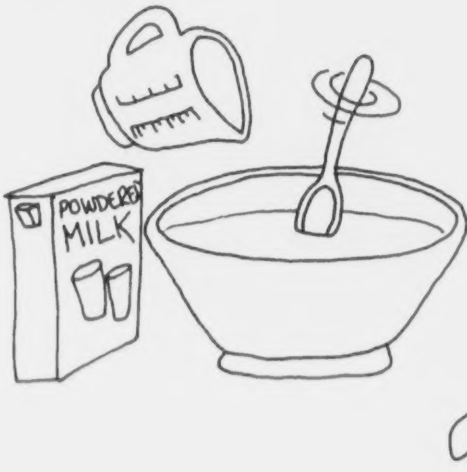

PEANUT BUTTER

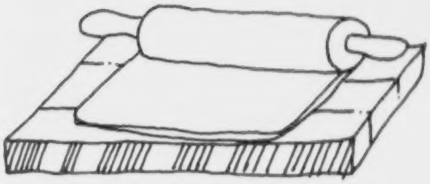
ADD 250 mL CORN SYRUP or HONEY.



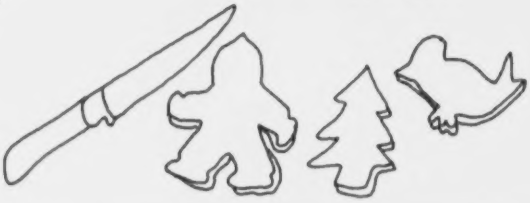
ADD 500 mL POWDERED MILK.

MIX 'til smooth.


POWDERED MILK

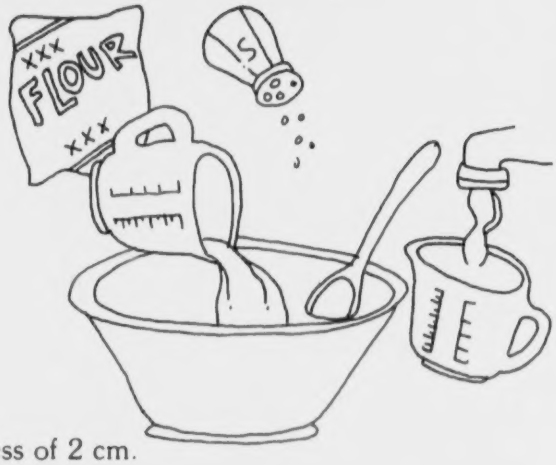


YUMMY!

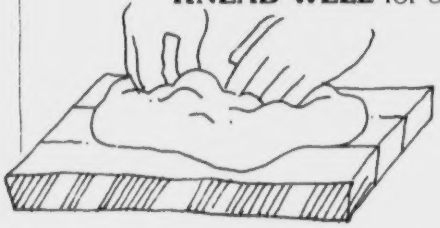


CHRISTMAS TREE DECORATIONS

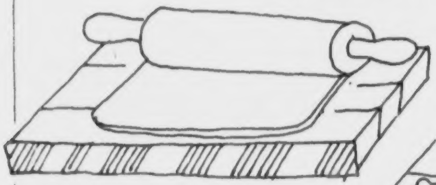
MIX 1 L FLOUR
325 mL WATER
250 mL SALT



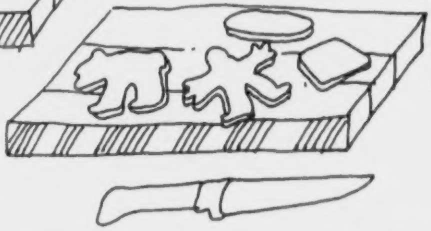
KNEAD WELL for 5 minutes.



ROLL OUT to a thickness of 2 cm.



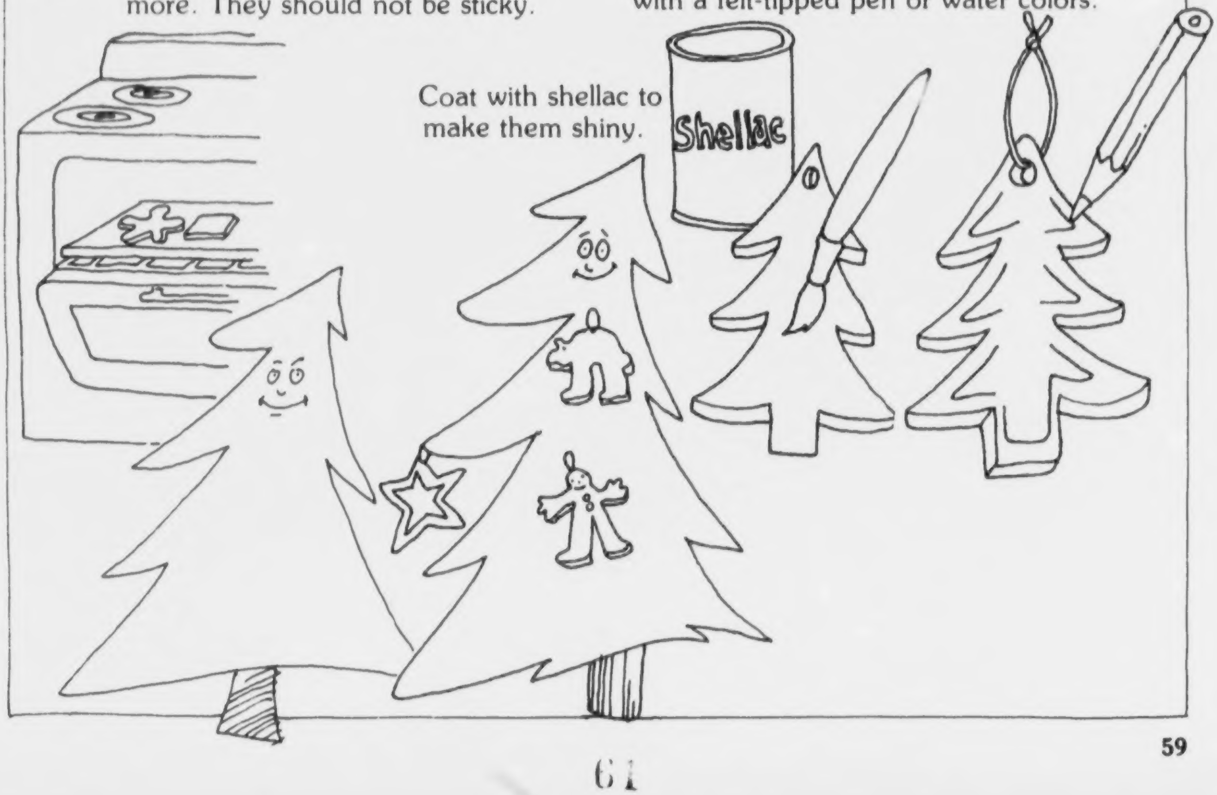
CUT into desired shapes. You can stick small balls of dough onto the designs. Stick a wire loop through the top for hanging. Half of a paperclip works well. Pierce holes for hanging.



BAKE at 130°C for 1½-2 hours or more. They should not be sticky.

After they are cooled, paint or decorate with a felt-tipped pen or water colors.

Coat with shellac to make them shiny.



ACTIVITIES

How yeast works: Yeasts are one-celled plants that are distant cousins of mushrooms. Like mushrooms and other plants that do not contain chlorophyll, yeast plants cannot make their own food and must get it from their surroundings. When conditions are not favorable, yeasts become inactive, only to spring to life when conditions are right.

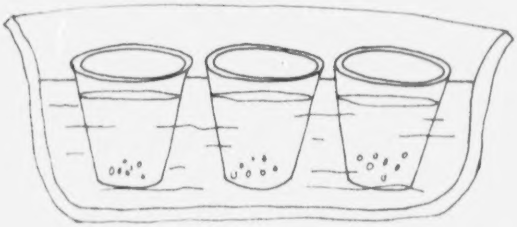
The products of fermentation, alcohol and carbon dioxide, are of great importance to the winemaker and baker. The winemaker is interested in alcohol production and the baker is interested in carbon dioxide, for it is this gas that makes bread rise.

The purpose of the next experiment is to see what food yeasts need for growth. Other conditions for growth, temperature and moisture, will be made as favorable as possible.

MATERIALS AND EQUIPMENT

sugar
corn syrup
cornstarch
water
a package of dry yeast

a measuring cup
a candy thermometer
3 glasses
a large pot
3 spoons
measuring spoons



PROCEDURE

Dissolve the yeast in ½ cup of 50°C water. Divide the yeast mixture equally in three small glasses. Set up a warm water bath for the yeast in a large pot. Put enough 50°C water in the pot so that the glasses containing the yeast mixture sit in the water without spilling into the glasses, as in the illustration.

Put 1 tablespoon of sugar in the first glass, 1 tablespoon of corn syrup in the next glass, and 1 tablespoon of cornstarch in the third glass. Stir each glass with a different spoon.

Put all three glasses in the warm water bath. Measure fermentation by the size of the bubbles in the foam and the rate at which they form.

OBSERVATIONS

The material a microbe uses as food is called a substrate. Which substrate in your experiment starts being fermented first? Which substrate has the steadiest rate of fermentation? Can you smell the alcohol produced by fermentation?

Glucose is the principal food of yeast used for baking. When yeast comes in contact with glucose, fermentation begins immediately. Glucose is present in corn syrup. Yeast can also get glucose from sucrose (table sugar) and starch but it takes longer to get going, as sucrose and starch have to be broken down into simpler sugars before fermentation can occur. How do your findings support this idea?

You can use your experiment to see how fermenting yeast makes bread rise.

You can do many experiments to see how different conditions affect fermentation. Try putting the same amounts of yeast, water, and sugar in different temperatures. See how different amounts of sugar affect fermentation. You can use your experiments in many baked products.

from **Science Experiments You Can Eat.**

Role Playing before or after baking or cooking may be helpful.

Play the game of the mysterious yeast.

The group makes a circle.

The children take the parts of the ingredients which are needed to make bread.

When all necessary ingredients are in the centre of the circle (the mixing bowl), they are crouched down and huddled together.

Now the child who plays the yeast enters the centre and something special happens!

All the other ingredients begin to rise up and move away from each other.

The yeast is added to make the bread rise.

Make play dough food for the play house.

Make a mobile from play dough shapes (perhaps food shapes).

How do people around the world make and bake bread? Look at films and pictures and, better still, invite people of different ethnic backgrounds to the school to show you how.

Experiment with different shapes. Make caribou bread or fish bread...Lots of fun — especially when eaten warm with butter.

BOOKS

The Little Red Hen.

Bread and Jam for Frances, Russell Hoban
Scholastic Books
123 Newkirk Road
RICHMOND HILL, Ontario

Pancakes, Pancakes, Eric Carle. Alfred A. Knoph
Distributed by Random House of Canada Limited
370 Alliance Avenue
TORONTO, Ontario

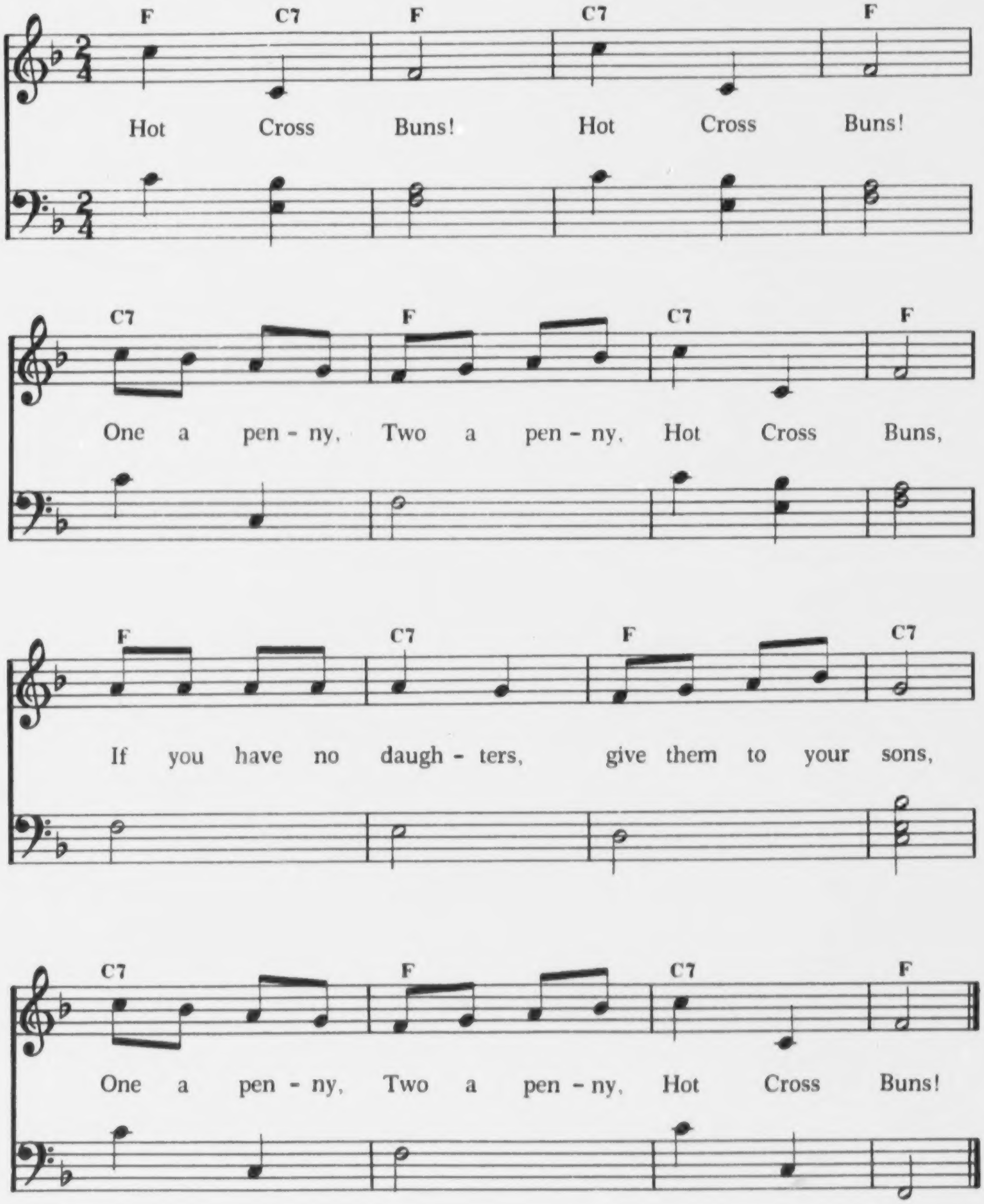
The Perfect Pancake, Virginia Kahl. Charles Scribner's Sons
Distributed by John Wiley & Sons Canada Limited
22 Worcester Road
REXDALE, Ontario

Little Bear's Pancake Party, Janice Berenstein, Lothrop, Lee and
Sheard Company Incorporated
Distributed by George J. McLeod Limited
73 Bathurst Street
TORONTO, Ontario

For additional activities see CEREALS and PASTA section.

Hot Cross Buns

English Folk Song


F C7 F C7 F
Hot Cross Buns! Hot Cross Buns!
C7 F C7 F
One a pen - ny, Two a pen - ny, Hot Cross Buns,
F C7 F C7
If you have no daugh - ters, give them to your sons,
C7 F C7 F
One a pen - ny, Two a pen - ny, Hot Cross Buns!

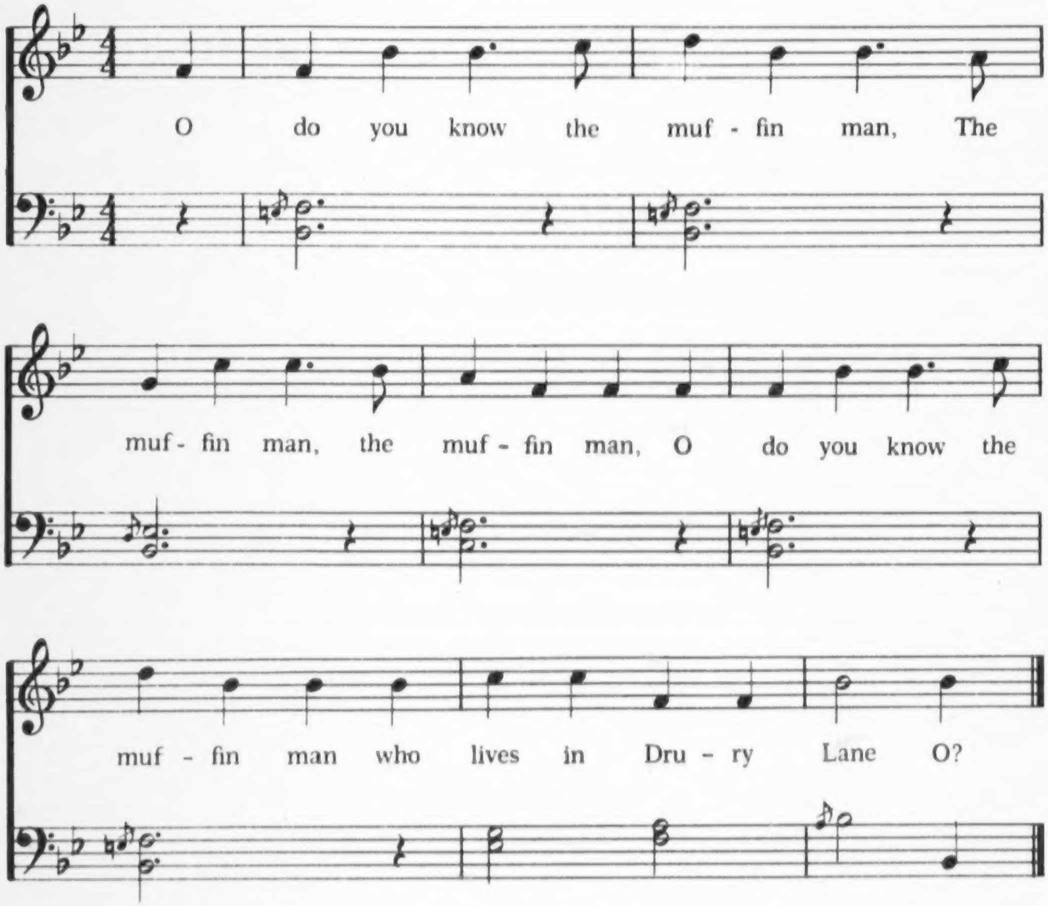
from Sound Beginnings

Skipping Rhyme

Bread and butter, sugar and spice,
How many boys think I'm nice?
1, 2, 3, 4, 5 . . .

Muffin Man

English Children's Game


O do you know the muf - fin man, The
muf - fin man, the muf - fin man, O do you know the
muf - fin man who lives in Dru - ry Lane O?

The children stand in a circle and, as they sing the question, one child runs lightly around the inside of the circle. At the end of the song, he stops and faces one of the children in the circle and sings in reply, "Yes, I know the Muffin Man." The two children join hands and run around the circle as the song is repeated, with each choosing a partner at the finish. The game continues till all the children have partners, and then the rhythm of the song can be changed so that the couples can *skip* around in a circle to finish the game.

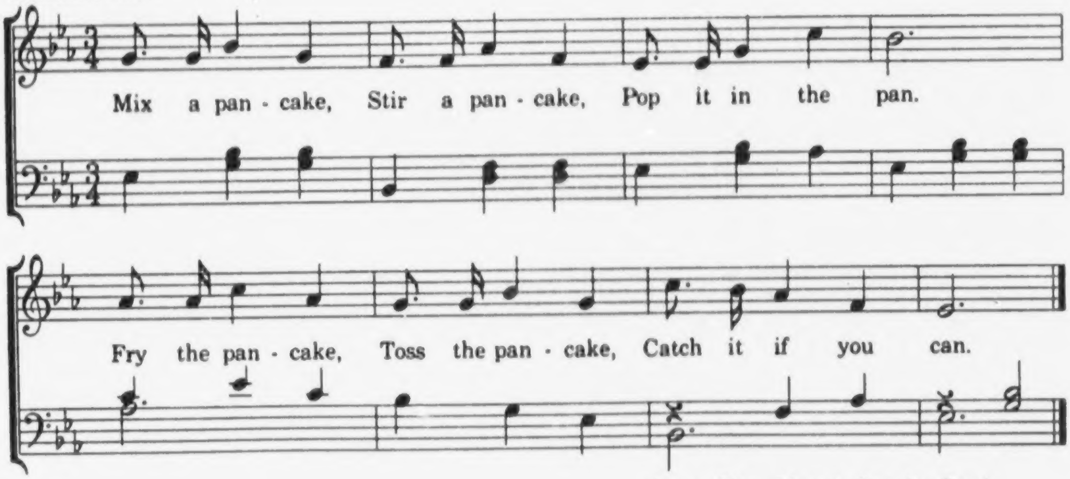
You might like to change the song sometimes by singing, "Do you know the Music Man?" The reply can be, "Who sings a merry tune," or "Who beats the big bass drum," etc.

from Sound Beginnings

Mix a Pancake

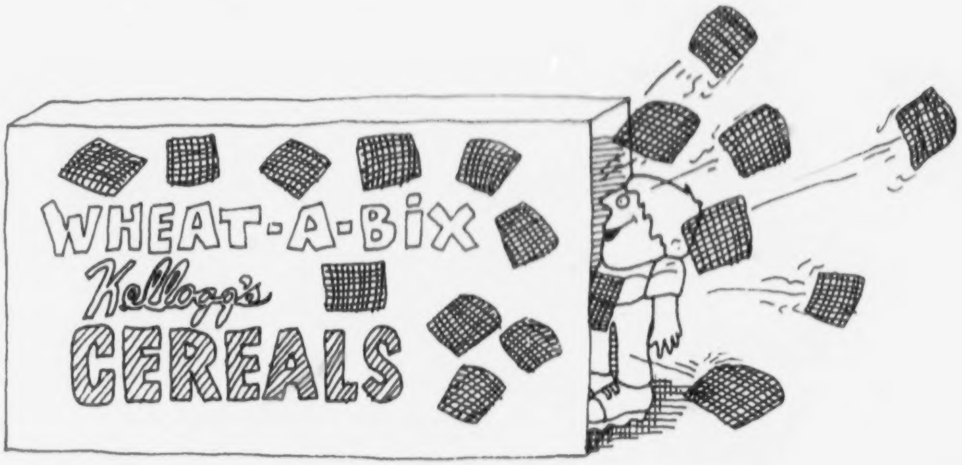
Christina Rossetti

Sue Hanlin


Mix a pan - cake, Stir a pan - cake, Pop it in the pan.
Fry the pan - cake, Toss the pan - cake, Catch it if you can.

from The First Grade Book

CEREAL



CEREALS

Cereals are made from the grains of plants. There are many different kinds: wheat, barley, oats, rice and corn are some we know and use very often.

The grain can be used whole or coarsely or finely ground. Whenever possible, use the whole grain, as it is the most nutritious.

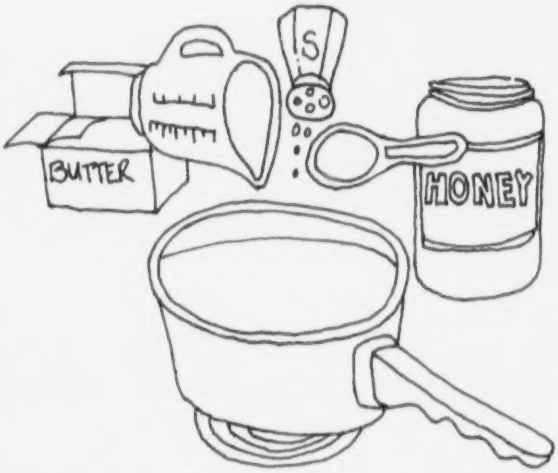
Whole grain cereals need longer cooking. If you're short of time, choose a grain which has been partially prepared.

Be sure to read the labels on the packets to find out what you are buying.

Oatmeal porridge, cream of wheat and Red River cereal are some that are good to serve for breakfast. However, cereals are very good for any meal and are especially nutritious when served with milk.

For an even more nutritious meal, prepare cereals using part milk instead of all water, and add dried or fresh fruit (e.g. raisins, dates, raspberries).

CRUNCHY GRANOLA

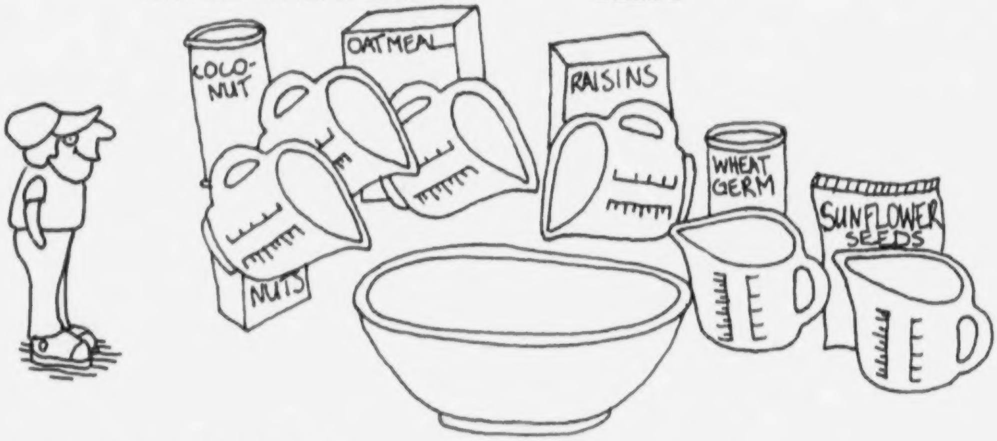

S
BUTTER
HONEY

Makes about 6 cups *oven, hot plate*

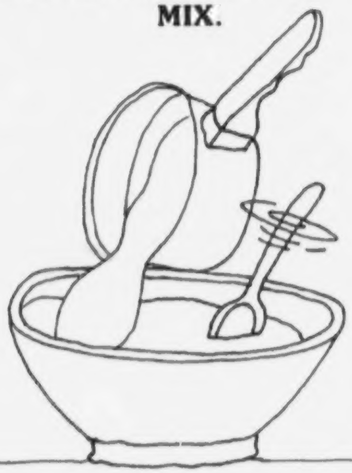
MELT 125 mL BUTTER
50 mL HONEY
2 mL SALT

SET ASIDE.

COMBINE 250 mL SEEDLESS RAISINS
500 mL ROLLED OATS
125 mL WHEAT GERM
250 mL SHREDDED COCONUT
125 mL SUNFLOWER SEEDS
50 mL SLIVERED ALMONDS (or any kind of nut)


COCO-NUT
OATMEAL
RAISINS
WHEAT GERM
SUNFLOWER SEEDS
NUTS

POUR BUTTER MIXTURE
MIX.



SPREAD on lightly greased cookie sheet.

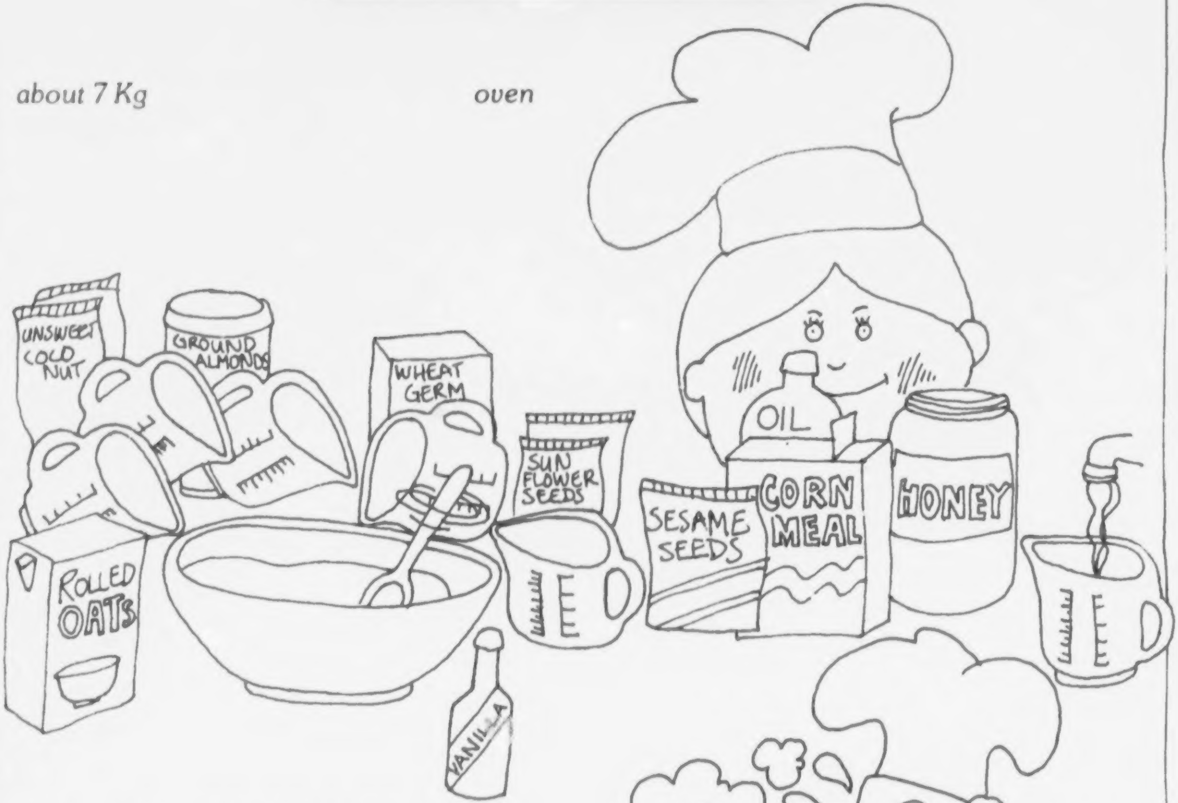
BAKE at 150°C for 30-40 minutes. **STIR** occasionally during baking.

COOL.

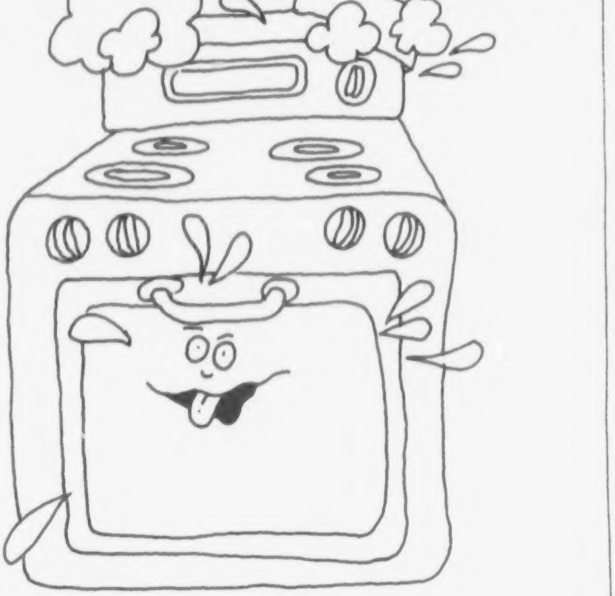
STORE in airtight container.

LOTS OF GRANOLA

about 7 Kg *oven*


UNSWEET COCO NUT
GROUND ALMONDS
WHEAT GERM
SUN FLOWER SEEDS
OIL
SESAME SEEDS
CORN MEAL
HONEY
ROLLED OATS
VANILLA

MIX	4 L	ROLLED OATS
	2 pkts	UNSWEETENED COCONUT
	500 mL	GROUND ALMONDS (or other nuts)
	500 mL	WHEAT GERM
	2 pkts	SUNFLOWER SEEDS
	250 mL	SESAME SEEDS
	250 mL	CORN MEAL
	375 mL	HONEY or BROWN SUGAR
	375 mL	OIL
	15 mL	VANILLA
	375 mL	WATER



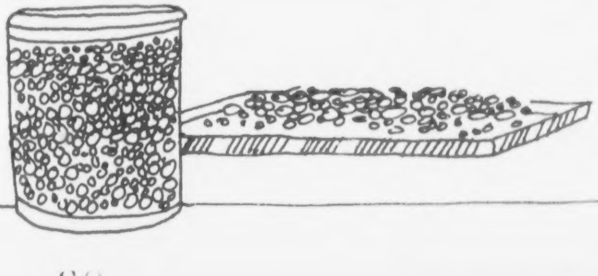
SPREAD on lightly greased cookie sheets.

BAKE for 1 hour at 150°C.

COOL.

STORE IN AIR TIGHT CONTAINERS (coffee cans are good).

Use as a snack or food topping.

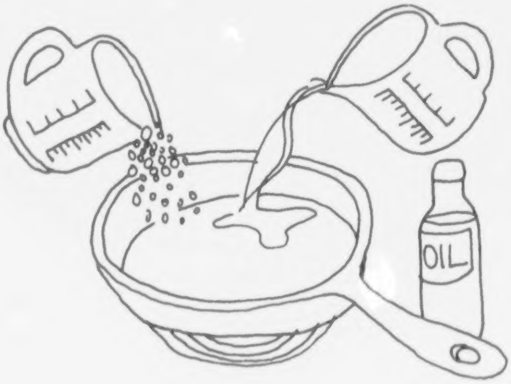


SKILLET GRANOLA

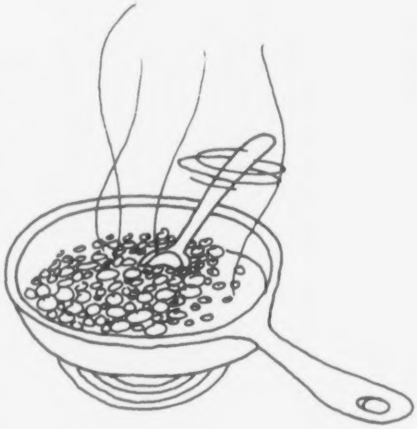
Makes about 4 cups *hot plate*

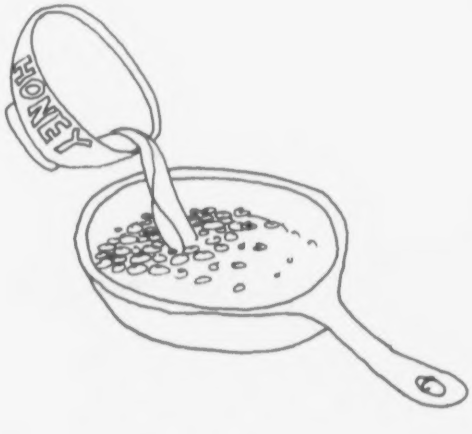
Here's a hot cereal that is so quick and easy to prepare you won't even need to make it ahead of time. Just stir it together in the morning and eat the dish while it's still steaming for a tasty and nutritious breakfast.

Combine 1 L of your favourite granola ingredients: oatmeal, wheat germ, sunflower seeds, sesame seeds, coconut, dates, nuts, and whatever else you fancy.

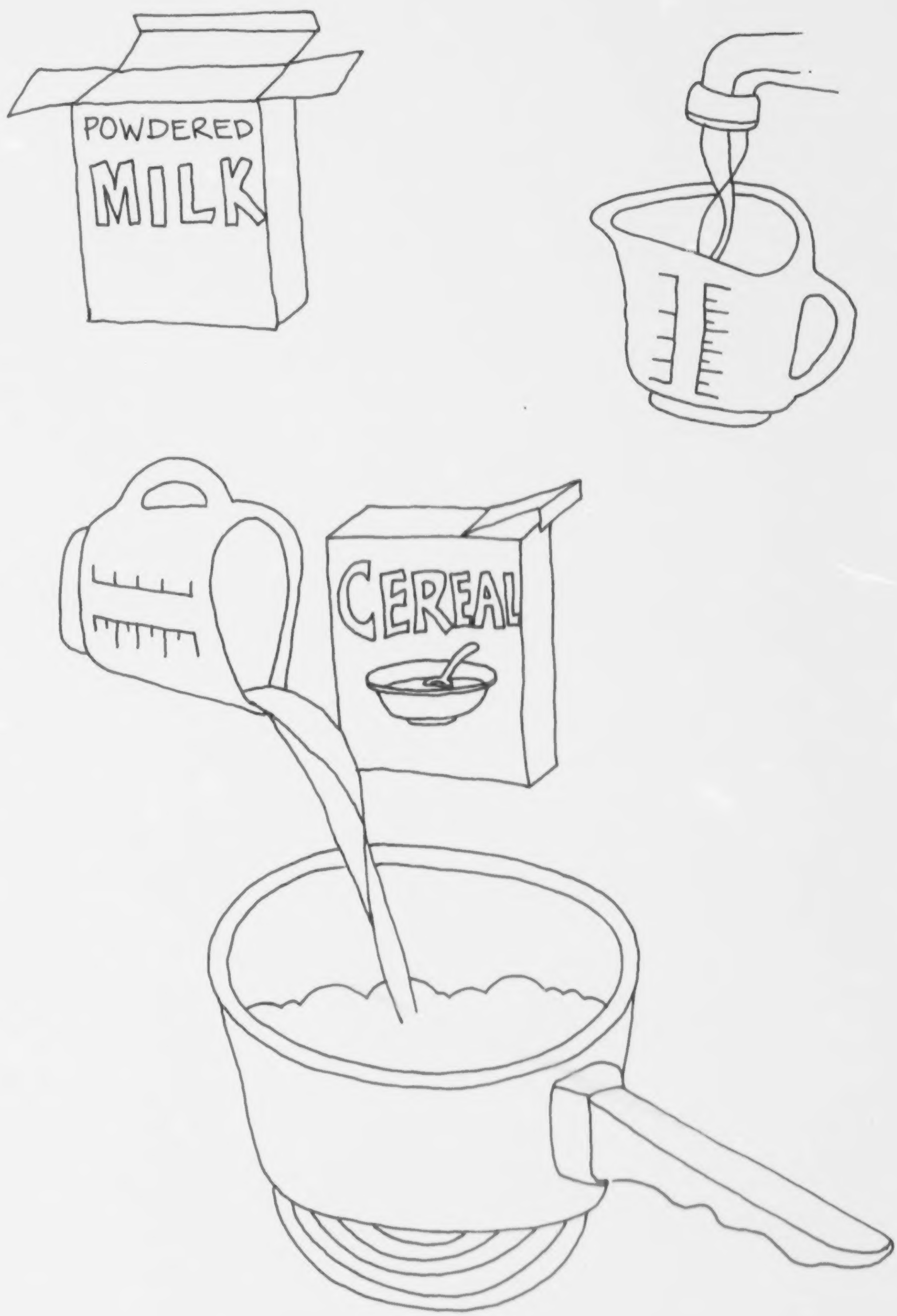


Pour 125 mL of oil into a large skillet and mix in the dry ingredients until they're evenly coated. Then cook the combination on top of the stove, stirring occasionally until all the makings are a golden color. In about 15 minutes the granola should be ready to sweeten with raw sugar, honey, or molasses...how much depends on your sweet tooth. Remove the cereal from the heat and serve it with fruit and milk. Mmmm...good!



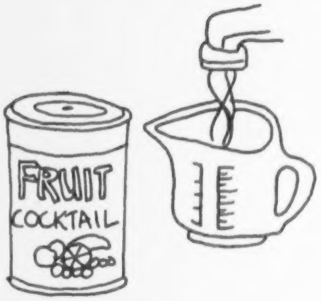


COOKED CEREAL


POWDERED
MILK
CEREAL

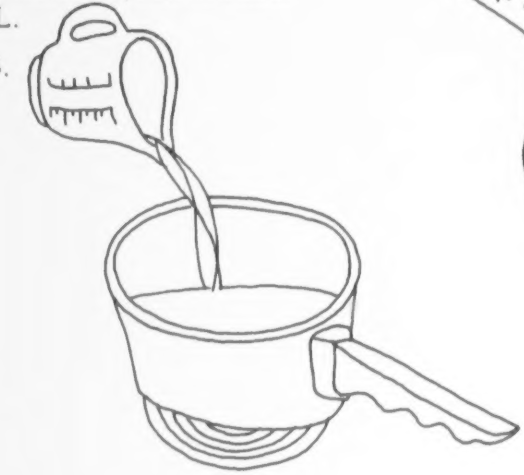
RICE WITH FRUIT COCKTAIL

serves 6-8


FRUIT
COCKTAIL

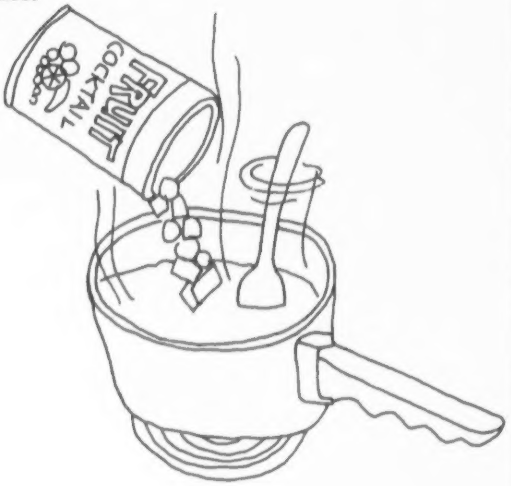
DRAIN one can fruit cocktail. Add enough water to juice to make 500 mL.

BOIL LIQUIDS.



ADD 1 can FRUIT COCKTAIL, large or small.

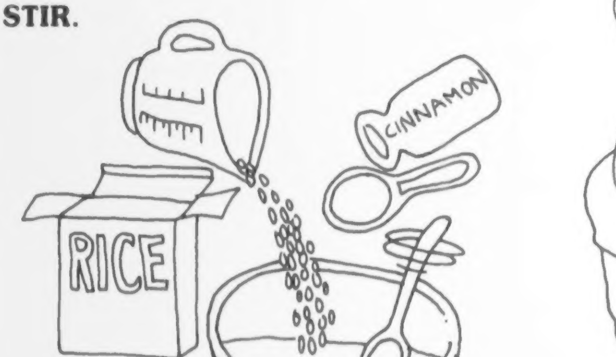
STIR.


FRUIT
COCKTAIL

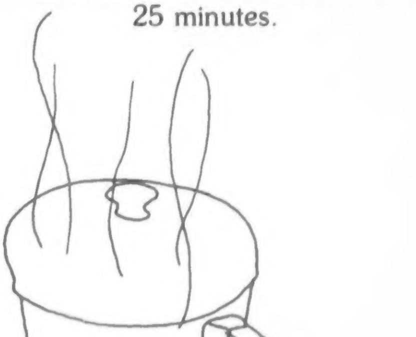
ADD 250 mL RICE.

ADD CINNAMON to taste.

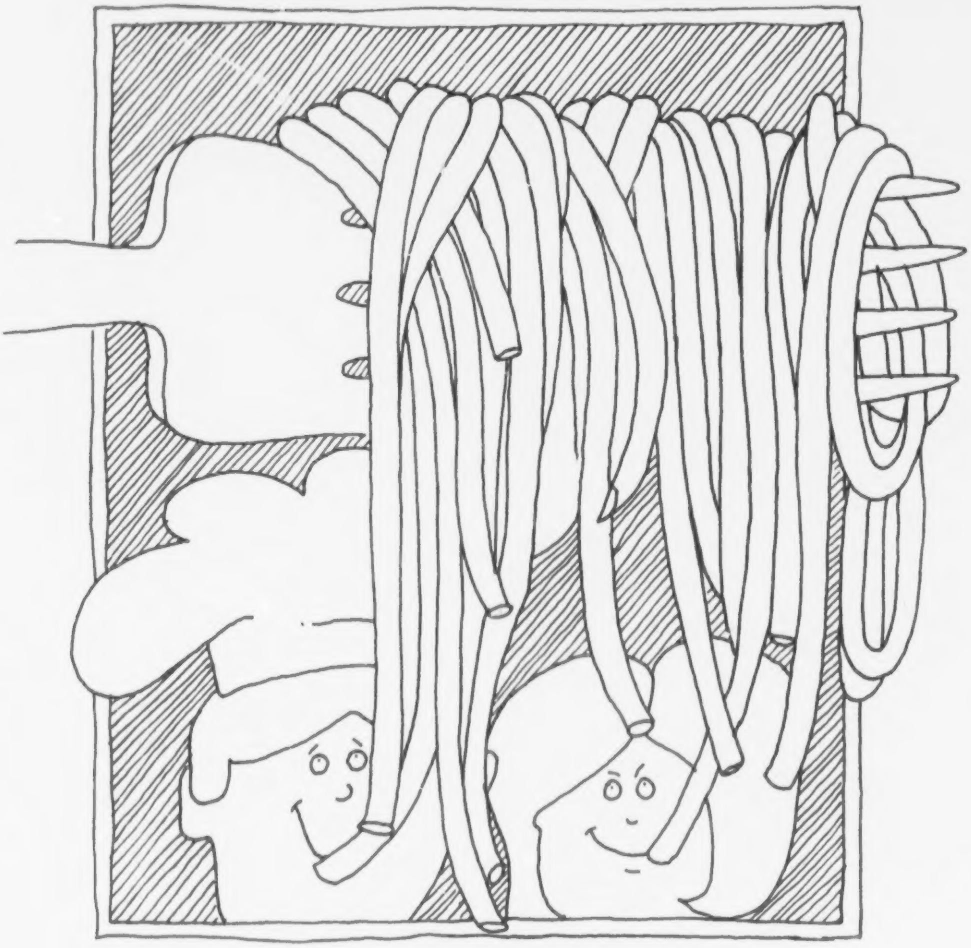
STIR.


CINNAMON
RICE

COVER and **COOK** over low heat for 25 minutes.



SERVE hot or cold, preferably with MILK or WHIPPED CREAM.



PASTA

Pasta is usually bought from the store, though noodles can be made at home or school. Since it comes in many shapes and sizes, using pasta can involve lots of learning experiences for the young child.

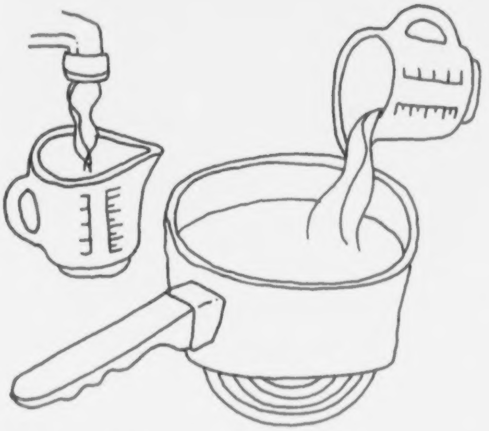
Always use a large pot, to hold three times as much water as pasta.

Put a spoonful of oil in the boiling water to prevent clumping.

Do not overcook pasta. Rinse in hot or cold water when cooked.

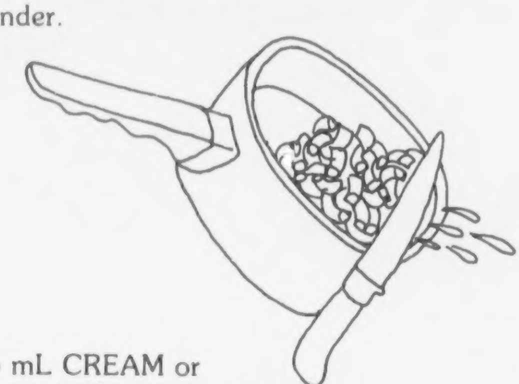
Uses of pasta: in soups, salads, with meat, fish and poultry, or in puddings.

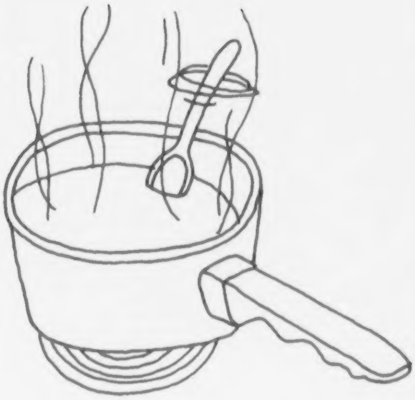
MACARONI and CHEESE



COOK 500 mL MACARONI in BOILING SALTED WATER 'til tender.

DRAIN.

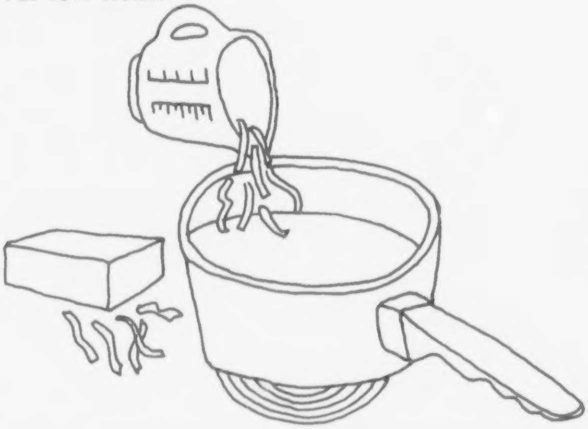




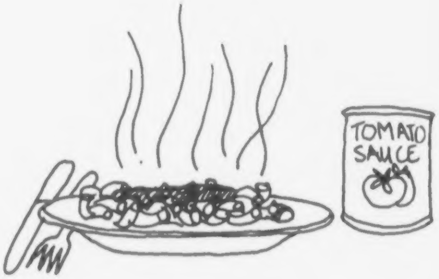
ADD 125 mL CREAM or EVAPORATED MILK and 125 mL water OR 250 mL MILK

SPRINKLE with 250-325 mL grated CHEESE

STIR over low heat.



SERVE with TOMATO SAUCE.



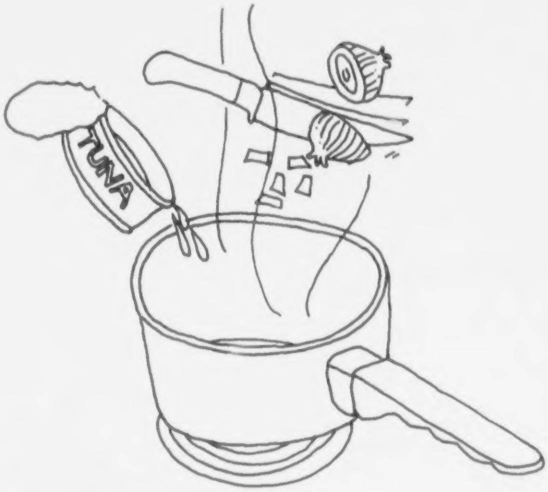
QUICK SPAGHETTI and TUNA FISH

6 servings *hot plate*

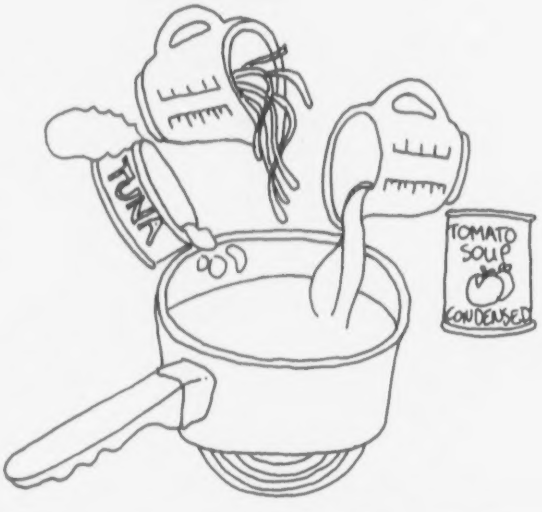
DRAIN a can of tuna or salmon or
175 mL flaked fish.

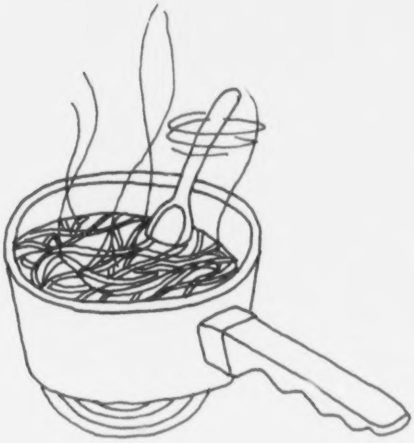
In the oil from the can

COOK 125 mL chopped ONION.



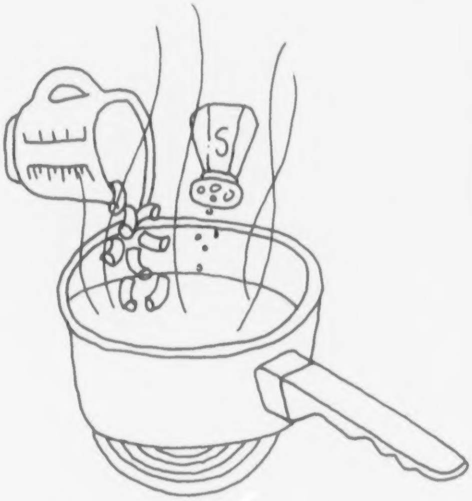
ADD 1 can condensed TOMATO
SOUP
625 mL cooked SPAGHETTI
the TUNA or SALMON
1 mL PEPPER
2 mL GARLIC POWDER





HEAT and SERVE.

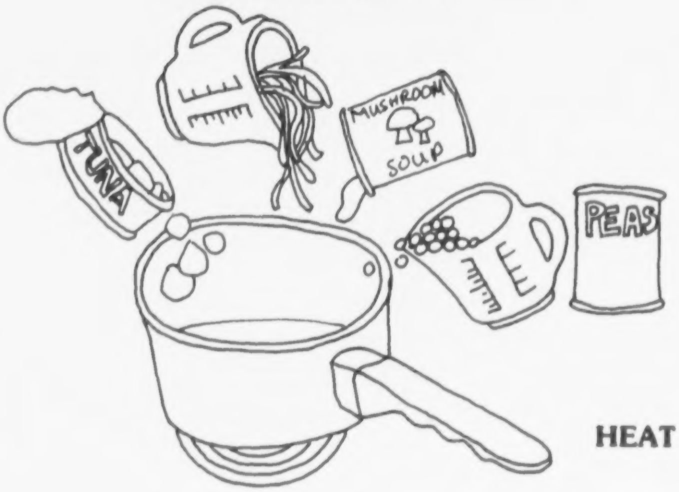
(Grated cheese may be sprinkled on top.



QUICK TUNA, NOODLE and MUSHROOM BAKE

6 servings *hot plate or oven*

MIX 625 mL cooked NOODLES
1 can TUNA FISH drained and broken up or
175-250 mL flaked fish
1 can condensed MUSHROOM SOUP
250 mL PEAS
2 mL ONION POWDER

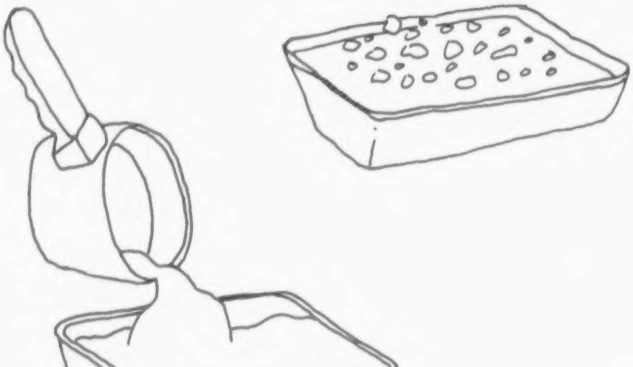


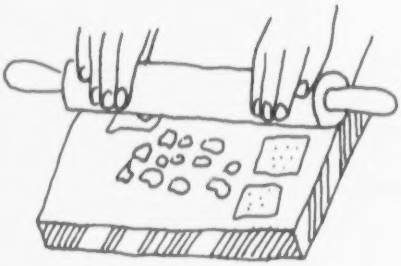
HEAT and **SERVE.**

OR

Cover the top with crushed cornflakes or cracker crumbs.

BAKE.





ACTIVITIES

Look at films and pictures of different grains growing, being harvested, processed, packaged, transported, etc. Which grains can you buy in your community. How can you buy them (e g corn as cornflakes). Visit the store and make a list.

Older children can look in the store for cereals with sugar added, those without sugar, whole grain cereals, cereals with colour added, etc. Talk about the nutritional value of each. How would you place each on a 1-10 scale of nutritional value?

If you can get any wheat, let the children grind some to make flour.

Ask and look around to see if any wild grains grow near your community. Can you eat them?

Make shakers. Put rice, other grains into empty containers. Seal and decorate the containers.

Sorting cereal and pasta according to shape, size, colour, texture, etc.

Fill a jar with rice (or any one kind of grain). Children estimate how many grains in the jar? Is there an easier way than counting to find out how many grains there are?

Pop some corn. Rather than eat it, see what else you can do with it — string it to make jewellery, use it in a collage, measure with it, etc.
Measure with pasta (spaghetti is good). How many pieces of spaghetti long is your classroom?

Make a collage from a variety of grains and pasta.

Dye some noodles and make jewellery from them.

Make your own noodles in any shape you like — numbers, letters, etc. See soup section.

Plant some wheat or other grain. If you start it in damp cotton you can watch its growth better.

BOOKS

The Three Bears

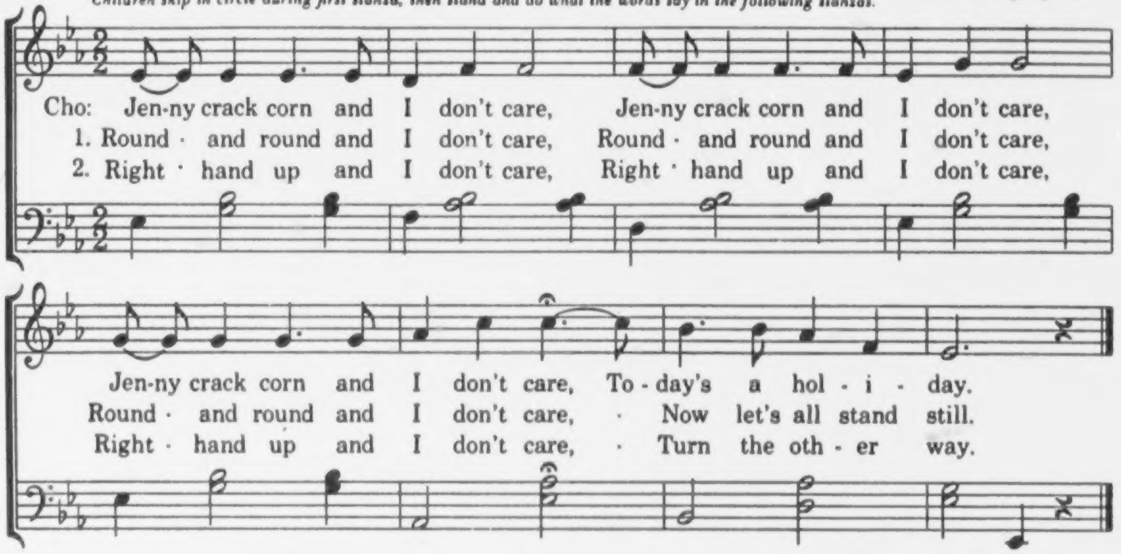
The Little Red Hen

For additional activities see the VEGETABLE and BREAD sections.

Jenny Crack Corn

American Singing Game

Children skip in circle during first stanza, then stand and do what the words say in the following stanzas.


Cho: Jen-ny crack corn and I don't care, Jen-ny crack corn and I don't care,
1. Round · and round and I don't care, Round · and round and I don't care,
2. Right · hand up and I don't care, Right · hand up and I don't care,
Jen-ny crack corn and I don't care, To-day's a hol-i-day.
Round · and round and I don't care, · Now let's all stand still.
Right · hand up and I don't care, · Turn the oth-er way.

3. Left hand up and I don't care,
Left hand up and I don't care,
Left hand up and I don't care,
Master's gone a-way.

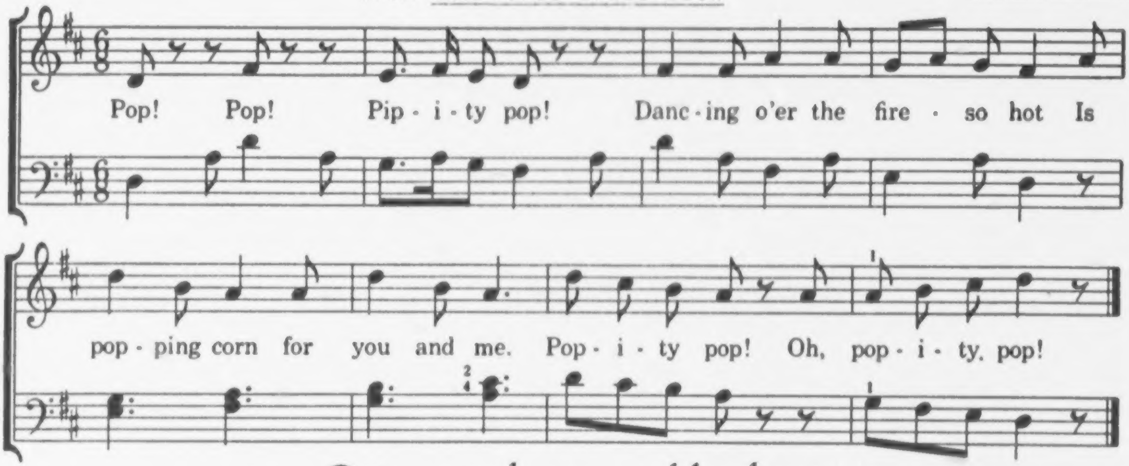
4. Both hands up and I don't care,
Both hands up and I don't care,
Both hands up and I don't care,
Circle round again.

Pop Corn

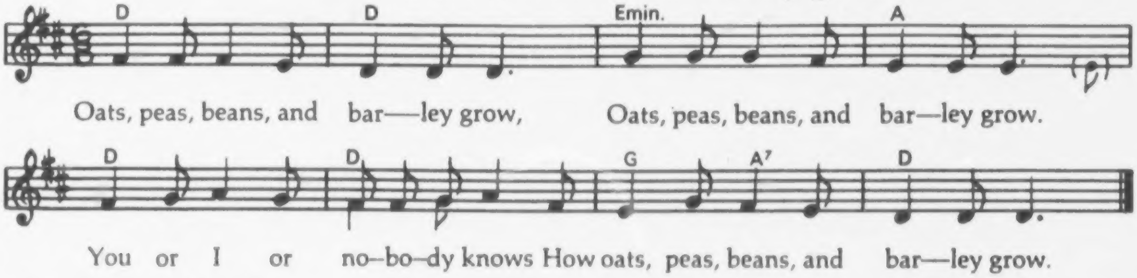
F. C.

from The First Grade Book

Florence Calahan


Pop! Pop! Pip-i-ty pop! Danc-ing o'er the fire · so hot Is
pop-ping corn for you and me. Pop-i-ty pop! Oh, pop-i-ty, pop!

Oats, peas, beans, and barley grow

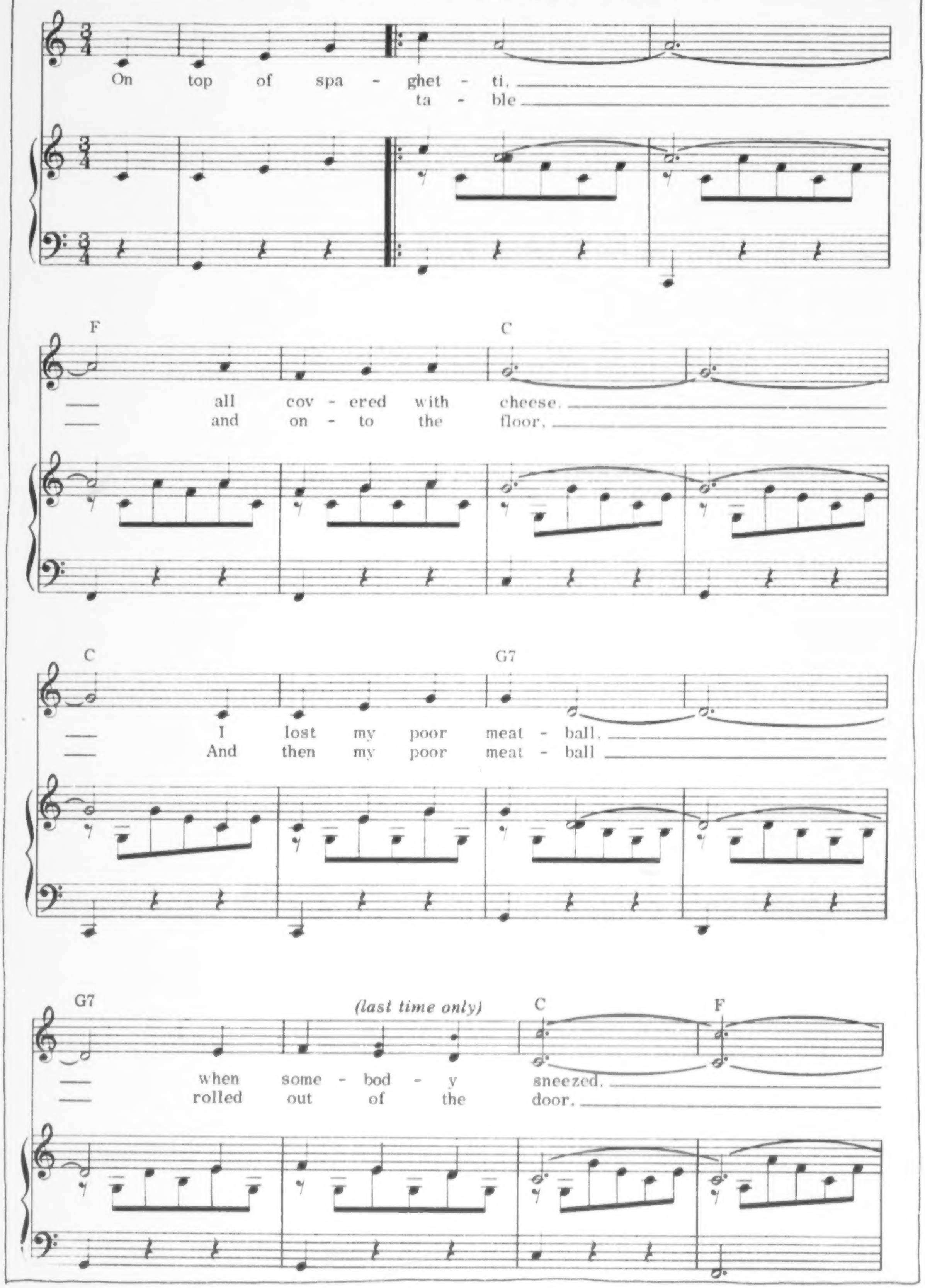

D
D
Emin.
A
Oats, peas, beans, and bar—ley grow, Oats, peas, beans, and bar—ley grow.
D
D
G
A7
D
You or I or no–bo–dy knows How oats, peas, beans, and bar—ley grow.

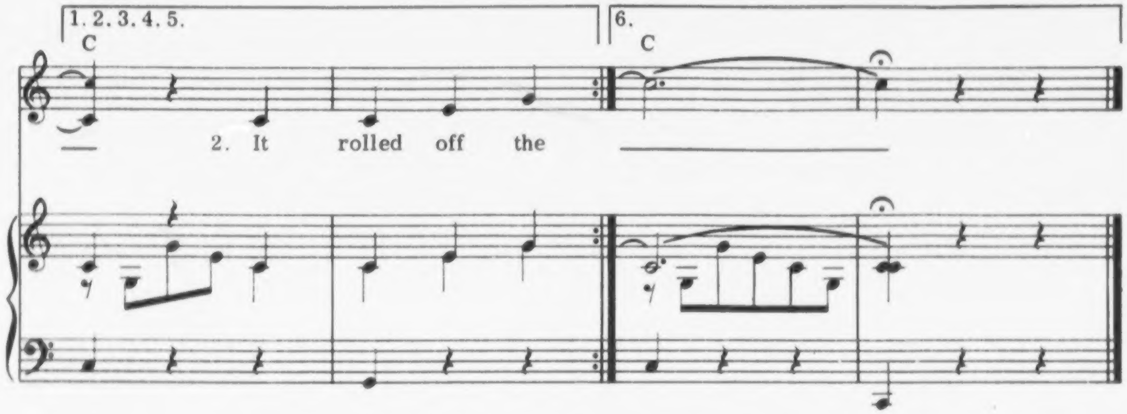
Oats, peas, beans, and barley grow,
Oats, peas, beans, and barley grow.
You or I or nobody knows
How oats, peas, beans, and barley grow.

Thus the farmer sows his seed,
Thus the farmer sows his seed.
He stamps his foot and claps his hands
And turns around to view his land.

Waiting for a partner,
Waiting for a partner,
Open the ring and take her in,
And kiss her when you get her in.

ON TOP OF SPAGHETTI


On top of spa - ghet - ti,
ta - ble
F
C
all cov - ered with cheese.
and on - to the floor,
C
G7
I lost my poor meat - ball,
And then my poor meat - ball
G7
(last time only)
C
F
when some - bod - y sneezed.
rolled out of the door.



3. It rolled in the garden and under a bush,
And then my poor meatball was nothing but mush.

4. The mush was as tasty as tasty could be,
And early next summer it grew into a tree.

5. The tree was all covered with beautiful moss,
It grew lovely meatballs and tomato sauce.

6. So if you eat spaghetti, all covered with cheese,
Hold on to your meatballs and don't ever sneeze.

A-choo
GESUNDHEIT

Make up appropriate finger and body actions for the words, and don't leave out a real, live sneeze.

from Eye Winker, Tom Tinker, Chin Chopper

MILK

Dried whole milk needs storing in a very cool, dry place. For making up, the proportion is usually: 1 part dried milk 3 parts water

To avoid lumpy mixtures:

1. Sprinkle the powder over the surface of water of the correct temperature. This is lukewarm for the type of powdered milk that comes in large circular containers.
2. If the dried milk is in large lumps, first break these up between wax paper, or in a bag, with a rolling pin. Then sift the powder.

To make lukewarm water, use 1 part cold water 1 part boiling water

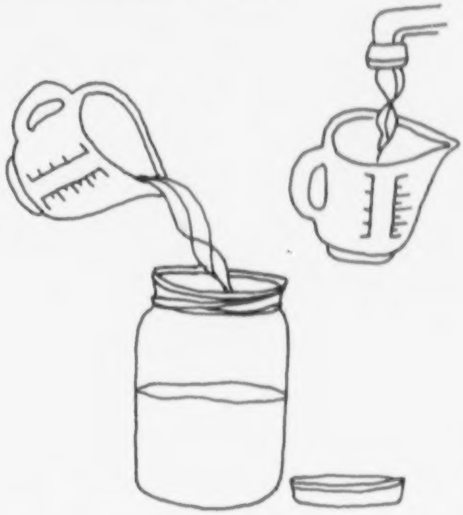
When hot milk is required, mix up the milk, using 2 parts lukewarm water
1 part milk

Then add 2 parts boiling water.

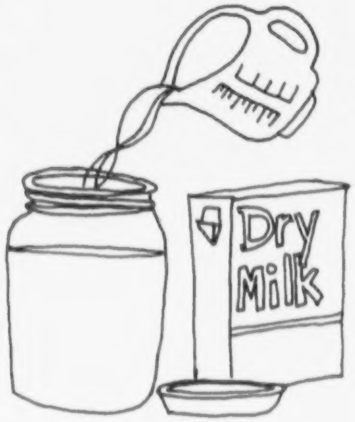
NON-FAT DRY MILK

no cooking

PLACE 750 mL WATER in a jar.



ADD 250 mL NON-FAT DRY MILK.



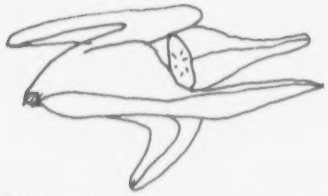
SHAKE very well.

STORE in a cool place.

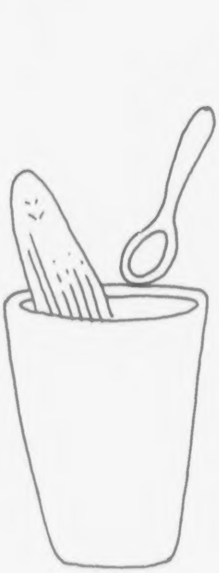
Always keep a pitcher of this milk on hand. Encourage children to drink it. Use it in any recipe that calls for milk.

BANANA MILK

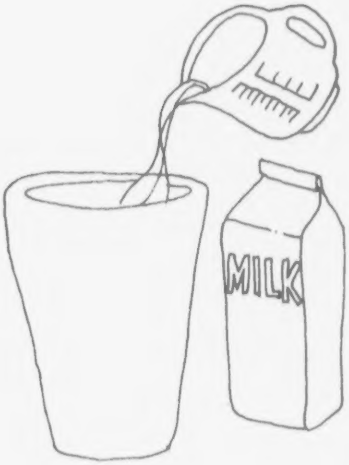
no cooking



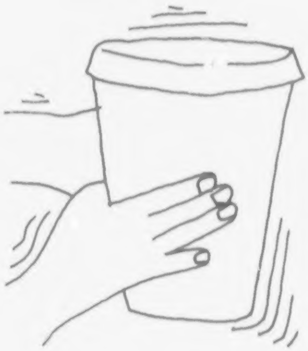
MASH ½ a banana into a container with a lid.



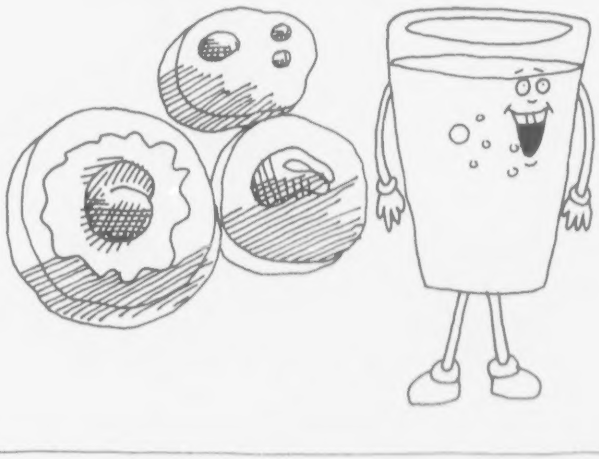
ADD 200 mL MILK.



SHAKE well.



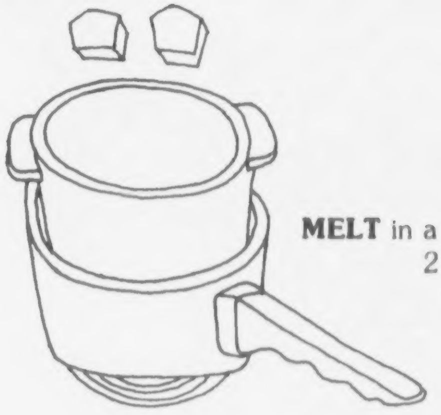
SERVE with COOKIES as a snack.



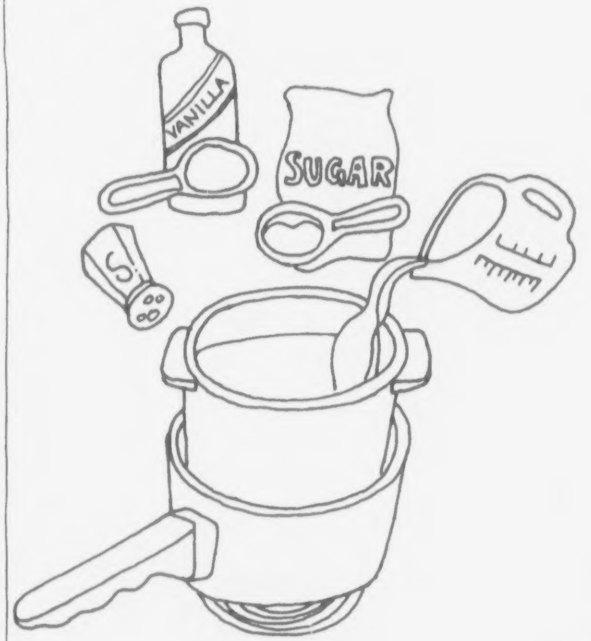
CHOCOLATE MILKSHAKE

4-6 servings *hot plate*

HOT CHOCOLATE

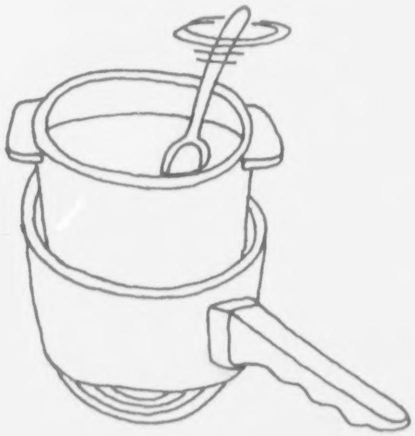


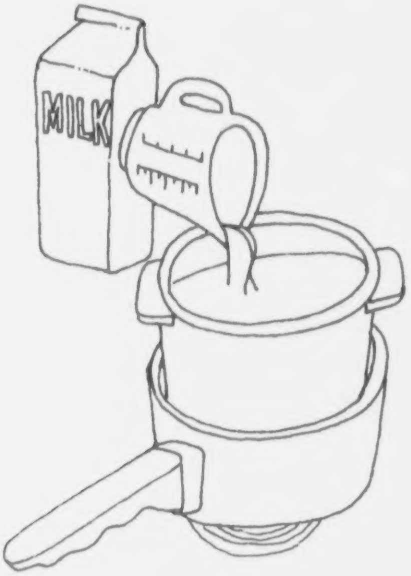
MELT in a double boiler
2 squares UNSWEETENED
CHOCOLATE



ADD 250 mL boiling WATER
150 mL SUGAR
2 mL VANILLA
pinch SALT

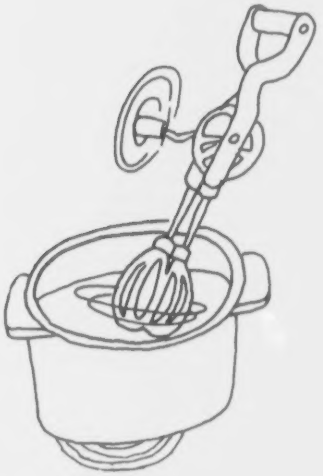
BOIL for 5 minutes, stirring.





ADD 1 L MILK and heat.

BEAT 'til frothy.



TOP with MARSHMALLOW or
WHIPPED CREAM if you want.

for larger quantity.

Use this for hot or cold cocoa.

PUT into a saucepan 125 mL COCOA
250 mL SUGAR

ADD 325 mL boiling WATER.

STIR 'til smooth.

BOIL over low heat for 3 minutes.

ADD VANILLA to taste.

Use 30 mL of this syrup for every 250 mL cold or hot MILK.

STORE in a cool place.

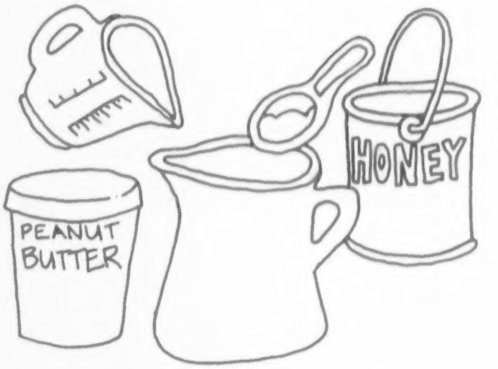
MINI-LESSON

Using a double boiler.

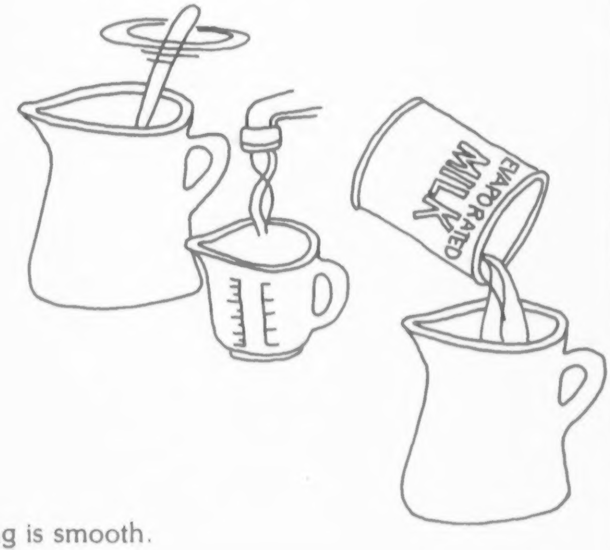
PEANUT BUTTER MILK

6 servings *no cooking*

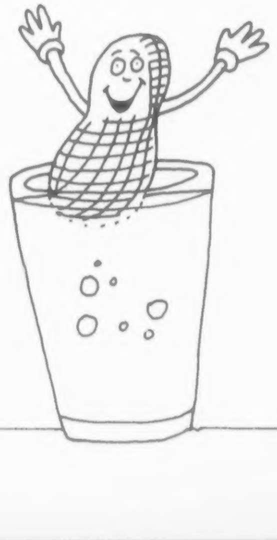
MIX 125 mL PEANUT BUTTER
30 mL HONEY


PEANUT BUTTER
HONEY

STIR IN, a little at a time, mixing well:
250 mL WATER and 1 large
can Evaporated Milk OR
500 mL MILK


EVAPORATED MILK

MIX 'til everything is smooth.



SERVE really cold.

LET'S MAKE BUTTER

Here's a simple way to introduce your students to the educational experience of DISCOVERY. The opportunity to "discover for himself" why something happens is a fascinating one for any child. When a "Let's Make Butter" project was suggested to a seven-year-old, he asked, **"Can you really?"** Enthused by a convincing answer, he wanted to know "What do you add to make it hard?" When a child executes an activity, a process becomes sensible and exciting, because he has made it happen. Making butter is just such an experience; it leads to discussions of liquids, solids and mixtures; it prompts questions — why cream instead of milk? — why add salt? If the discovery is dramatized, satisfaction and learning are increased.

YOU'LL NEED:

WHIPPING CREAM	250 mL makes about 125 mL butter
SALT	1 mL for each cup of CREAM
COLD WATER	for rinsing butter

EQUIPMENT

1) Jar with tight fitting screw cap or egg beater and narrow, deep bowl (preferably "see-through").

WHIPPING
CREAM

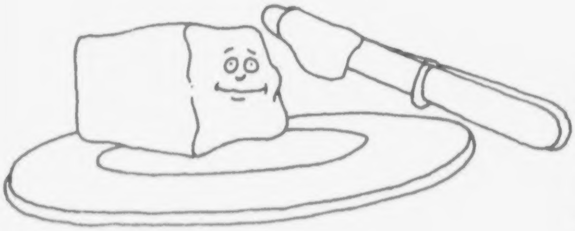
2) Small bowl, glass or jug for collecting buttermilk.

3) Small wooden or other sturdy spoon for pressing excess liquid out of butter.

4) Measuring spoon for salt.

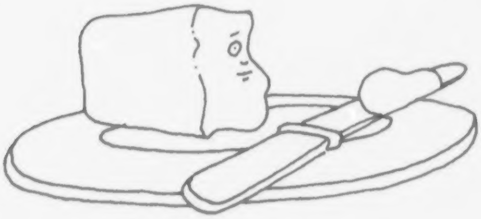
5) Toothpicks, or small crackers and a knife, for sampling butter.

6) Small paper cups or plastic spoons for sampling buttermilk.

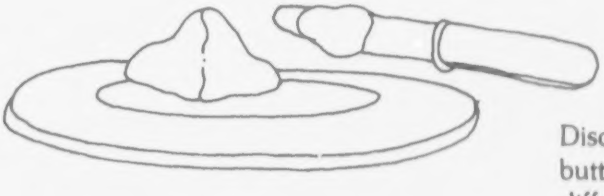


DIRECTIONS and DISCUSSION POINTS

Let cream stand out of refrigerator just long enough to bring it to room temperature. Discuss why temperature of cream is important. Shake cream in a closed jar **or** beat it in a bowl until a large ball of butter forms...10 to 20 minutes.



Let children take turns shaking or beating. Discuss the change from liquid (cream) to solid (butter). Pour off buttermilk (another kind of liquid) into a glass, bowl or small jug and save for tasting. Tilt bowl slightly toward body, and use a sturdy spoon to press out beads of buttermilk by pushing butter against far side of bowl. Gradually rinse away traces of liquid by adding small amounts of cold water to butter while continuing the spoon-pressing action. Repeat several times. Add salt and mix well into butter.



Discuss reasons for adding salt. Taste the butter, and the buttermilk. Discuss the difference between these two dairy products and the butter and buttermilk made in the dairy and sold in stores.

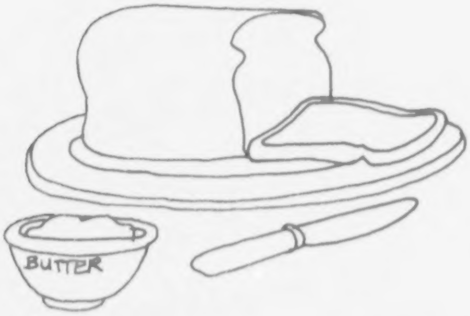
ACTIVITIES

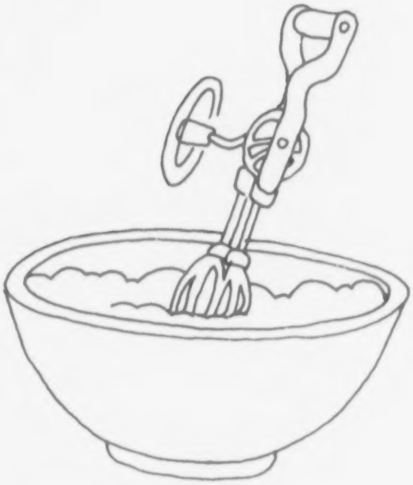
...Have children **form groups** to compare "shaker" and "beater" methods. As cream thickens, the beater will be difficult for most seven-year-olds to handle. The teacher may have to finish beating, while children take turns holding the bowl. The children will enjoy **singing in rhythm** as they shake or beat the cream.

Tune: "Here We Go Round the Mulberry Bush"
This is the way - we beat the cream - beat the cream - beat the cream
This is the way - we beat the cream - to make the yellow butter.

Tune: "A-Hunting We Will Go"
A-Churning we will go -a-churning we will go
We'll take the cream - and shake it so - and get the butter, oh!

...Have **each child** use back of his activity sheet to describe what the butter-making experience meant to him and what he discovered...in form of a picture, story, poem or song. Share these with the class.





...Have class **dramatize** the new **discovery** by acting out the butter-making process. Tag half the class with **white** paper to represent the buttermilk, and half with **yellow** paper to represent the butter particles. As teacher pretends to stir, children move about. As "yellows" touch, they join hands. In doing so, several "whites" will be caught in each small circle of yellow "butter particles". The teacher, acting as the spoon, can press out the "beads of buttermilk" by gently pushing the "yellows" together while the "whites" escape under the arms of the "yellows". "Salt", in the form of tiny bits of white paper may be tossed over the heads of the "butter-ball" to climax the fun activity.

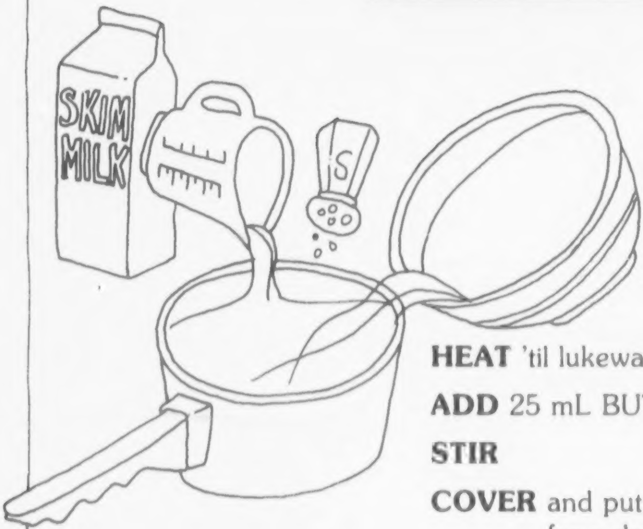
Prepared by: Milk Foundation of British Columbia

and

The Associated Milk Foundations of Canada

NOTE: *If you can't get fresh cream, try whole milk. It takes longer, but does work.*

CHEESE



hot plate

You can make cheese yourself. You need whole or skim milk and buttermilk.

1st DAY

MEASURE 1 litre WHOLE or SKIM MILK into a pan.

HEAT 'til lukewarm.

ADD 25 mL BUTTERMILK.

STIR

COVER and put somewhere at 20°-30°C for a day.

A yogurt maker works very well.

2nd DAY

Look at the mixture. It should look like soft jello, and wobble.

Leave it a little longer if it isn't ready.

Put some cheese cloth in a sifter or colander.

Pour the thickened milk into the cheese cloth.

The curds stay in the cloth and the whey runs away.

Set it in a cool place and let it drain well, 'til it is fairly solid.

The whey, buttermilk, can be drunk.

WHEN IT'S SOLID

ADD a little SALT to taste.

SPREAD on CRACKERS, BANNOCK or RAW VEGETABLES.

Try adding a little SAGE or a few CARAWAY SEEDS.

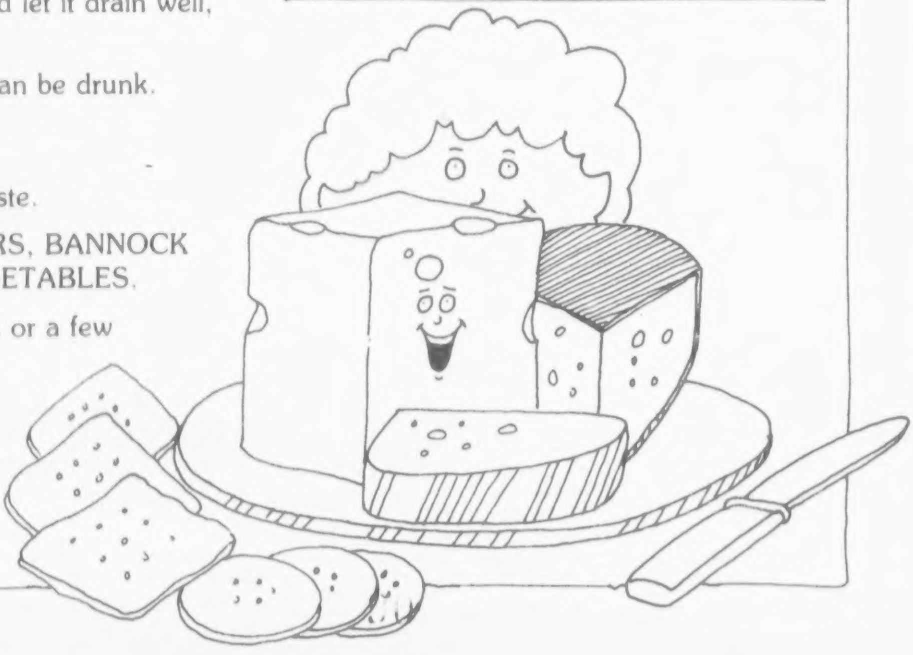
Experiment!

Have a juice and cheese tasting party!

If you want to keep it another day, wrap it in foil and put it in the refrigerator.

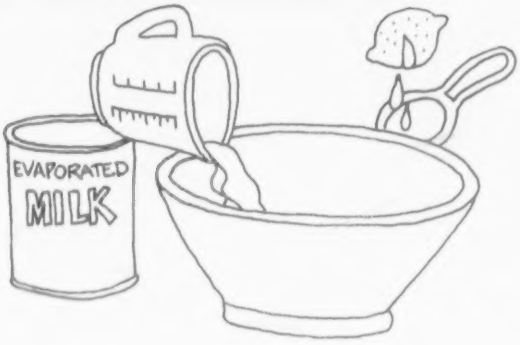
MINI-LESSON

To show what happens when making cheese, set out 125 mL each of evaporated milk, reconstituted dried skim milk and whole milk in three glasses. Add 5 mL lemon juice (or vinegar) to each. Set aside for a few minutes. Curdling will occur. Note which milk curdles first, most, etc.



SKIMMED MILK FARM CHEESE

Makes about 1 kg of cheese *hot plate*



Make this starter first

Sour Milk Starter

TAKE 30 mL LEMON JUICE or VINEGAR.

MAKE UP to 250 mL with EVAPORATED MILK.

LYE CHEESE

DRIED
SKIM
MILK

MIX in a large pot 2 litres SKIM MILK
5 mL SALT

HEAT to 25°C.

ADD 250 mL starter.

REHEAT to 25°C.

COVER and keep at 20-30°C overnight.

It will clot.

Cut through the clot or curd with a knife to make large squares.

You can gently cook this pot over hot water to make small firm curds and then put the mixture into cheese cloth (or a fine cotton pillowcase) in a colander, or hang it up, to dry. This cheese will keep fresh only as long as fresh milk.

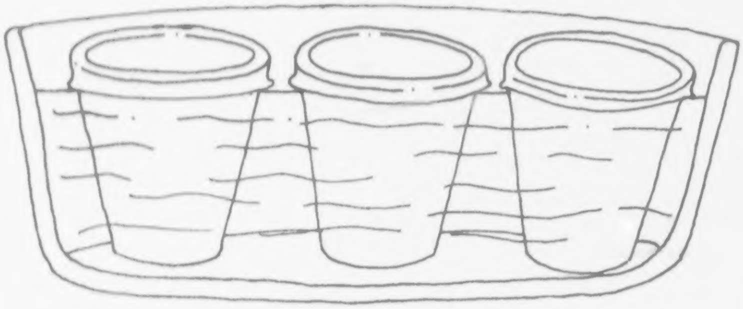
You can freeze it.

YOGHURT

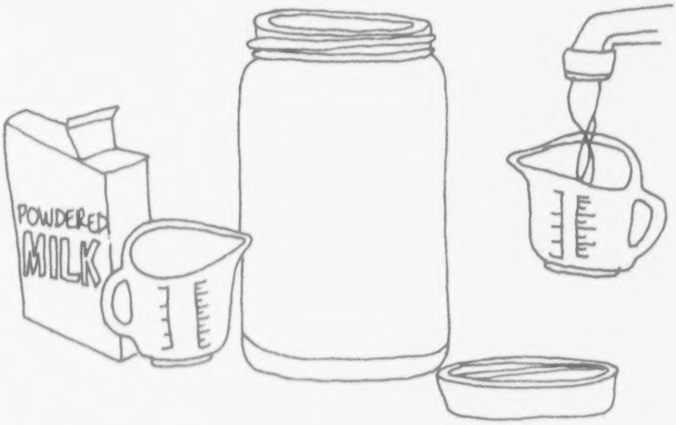
This is like making cheese, only quicker.
You can use POWDERED MILK.
MEASURE 750 mL WARM WATER into a large pitcher or wide mouthed jar.
ADD 375 mL POWDERED MILK.
SHAKE WELL, or use an egg beater.
MEASURE the temperature. It should be between 42-44°C.

ADD 25 mL YOGHURT (from store or from previous batch you made)
STIR
Put the mixture in little glass or plastic containers with covers on them.
Put these in a big pot as high or higher than the little containers.

YOGHURT
NATURAL



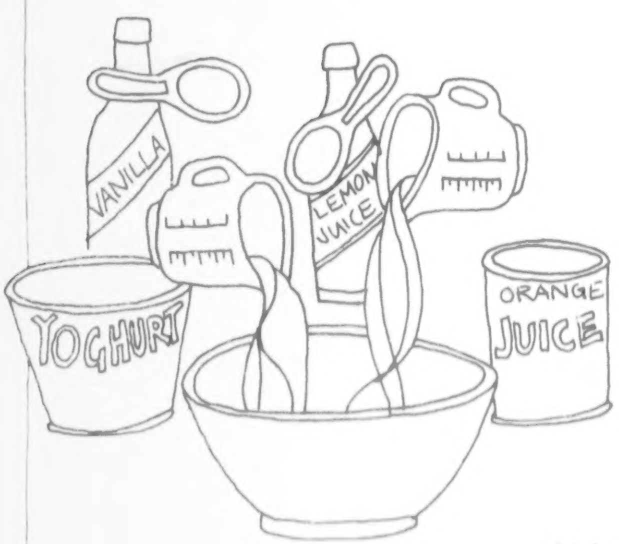
YOGHURT
BLUEBERRY



YOGHURT
ORANGE

POUR HOT WATER into the big pot 'til it comes up almost to the top of the little containers. You should be able to put your hand in the hot water.
KEEP EVERYTHING WARM for 4-6 hours (cover with foam rubber, towels or blankets). If you have an oven, put it in there.
DO NOT SHAKE THE MIXTURE.
It is ready to eat when it jiggles. Put it in the refrigerator then.
Keep a few spoonfuls to make your next batch.

THINGS TO DO WITH YOGHURT


VANILLA
LEMON JUICE
YOGHURT
ORANGE JUICE

Eat it with fruit.

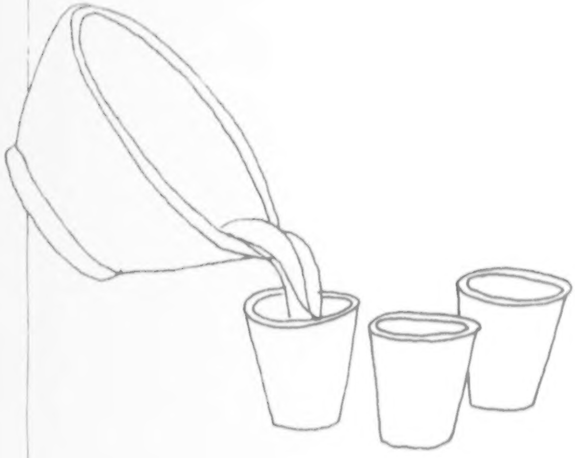
Freeze it. Mix it with mashed fruit and freeze it. Serve it like icecream.

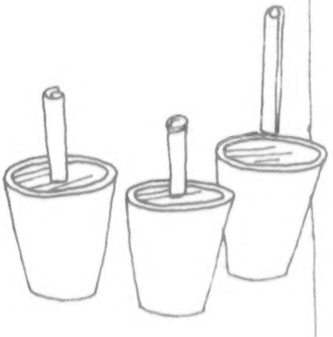
Sweeten yoghurt with honey. Sprinkle with cinnamon. Or, add fruit and sprinkle with granola.

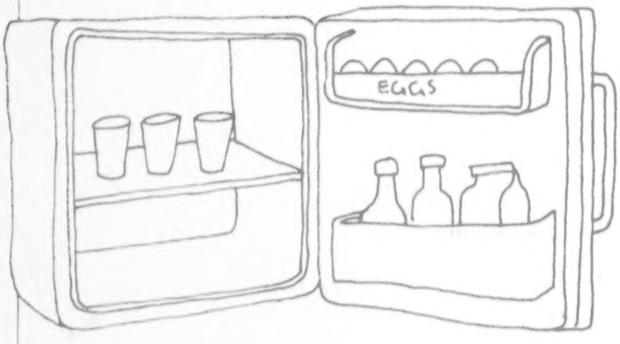
Make popsicles:

MIX together and freeze in paper cups or ice cube trays:

250 mL	YOGHURT
175 mL	ORANGE JUICE (try other juices too)
2 mL	VANILLA
15 mL	LEMON JUICE





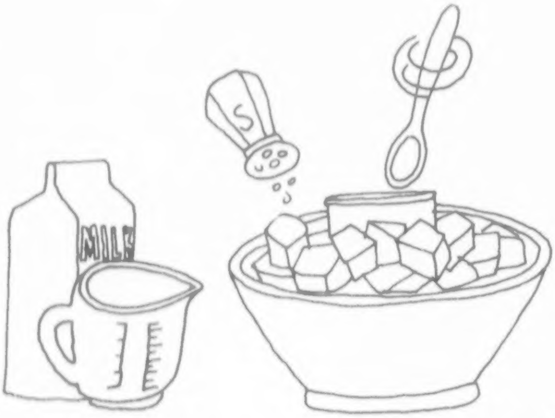


Insert a rolled paper handle when partially frozen.

ICE CREAM

no cooking

If you're thinking of using an icecream machine, try this first. The kids can really see how the freezing process works as they each make their own containers of ice cream.



PUT equal parts of MASHED FRUIT and MILK in a container (a frozen juice can is good. If using something about this size, a medicine glassful of both FRUIT and MILK is a good amount.) Don't use a large quantity as it will take a long time to freeze.

ADD SUGAR, to taste (omit if using sweetened canned fruit).

PUT the juice can in a small dish and surround it with ICE. The ice should be well over the contents of the juice can.

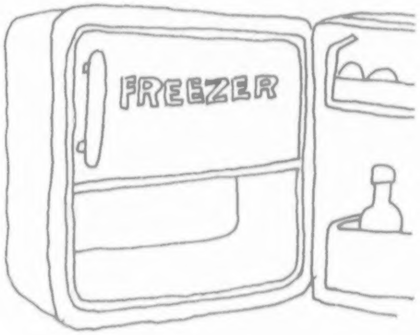
POUR lots of SALT over the ICE.

Now, STIR, STIR, STIR and KEEP STIRRING 'til the mixture thickens and

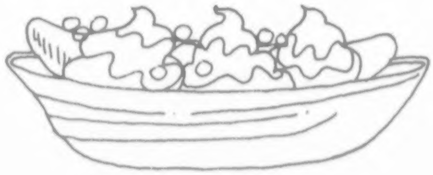
YOU HAVE ICE CREAM!

You'll need to keep adding ice and salt.

You can use any kind of milk for this. Cream will be faster and will give you a richer tasting ice cream. Yoghurt is good too. Substitute water for milk and you'll get sherbert. Soft "mushable" fruit is best — either fresh or canned.



STRAWBERRY SUNDAY



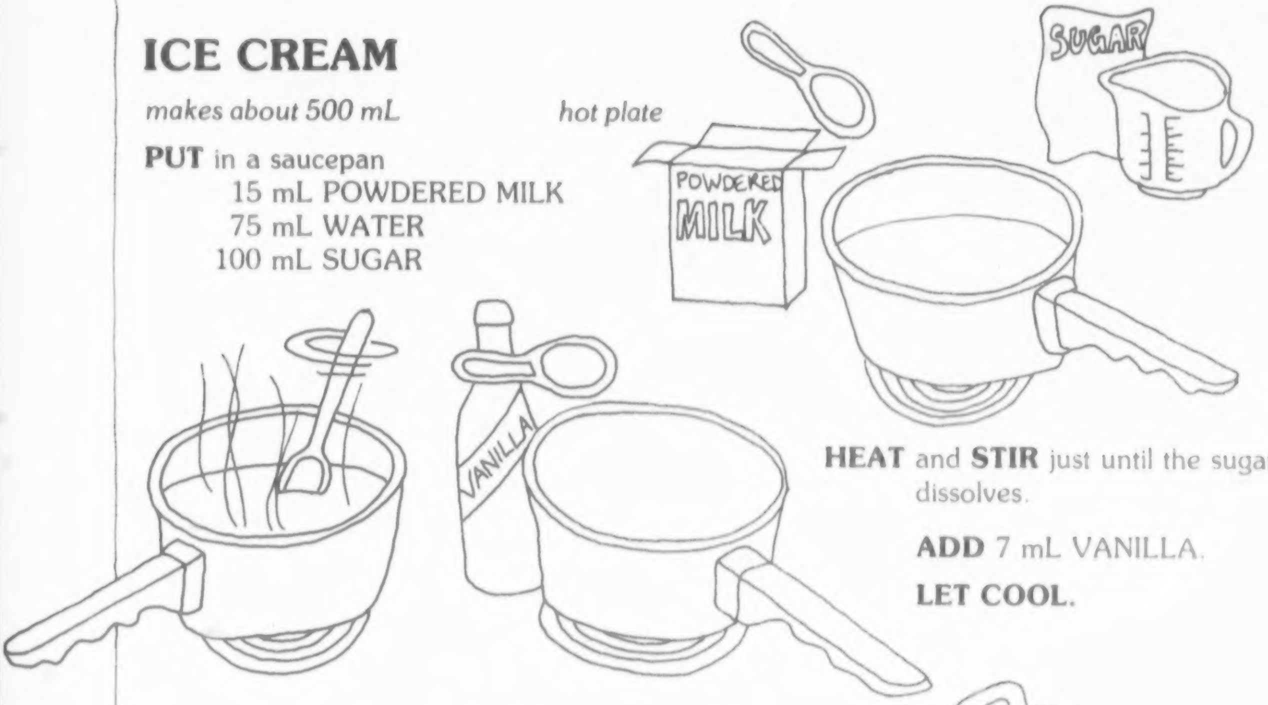
EXPERIMENT! HAVE FUN! HAVE AN ICECREAM PARTY!

ICE CREAM

makes about 500 mL

hot plate

PUT in a saucepan
15 mL POWDERED MILK
75 mL WATER
100 mL SUGAR

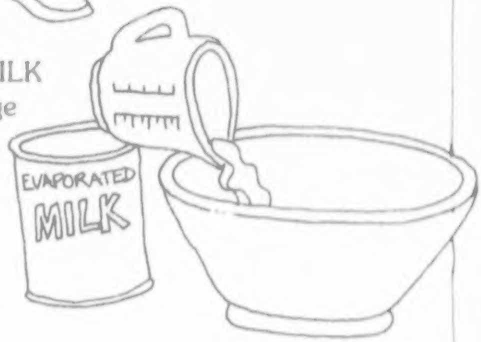

SUGAR
POWDERED MILK
VANILLA

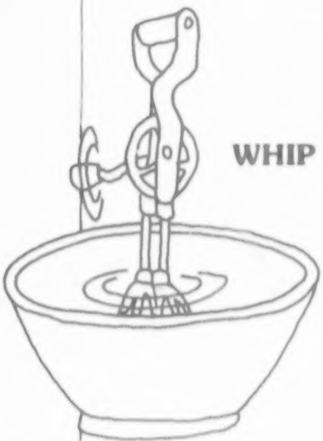
HEAT and **STIR** just until the sugar dissolves.

ADD 7 mL VANILLA.

LET COOL.

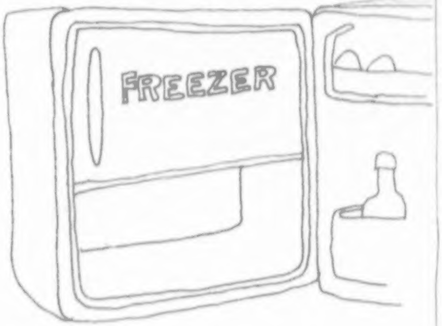
POUR 1 large can EVAPORATED MILK or 350 mL CREAM into a large bowl.


EVAPORATED MILK

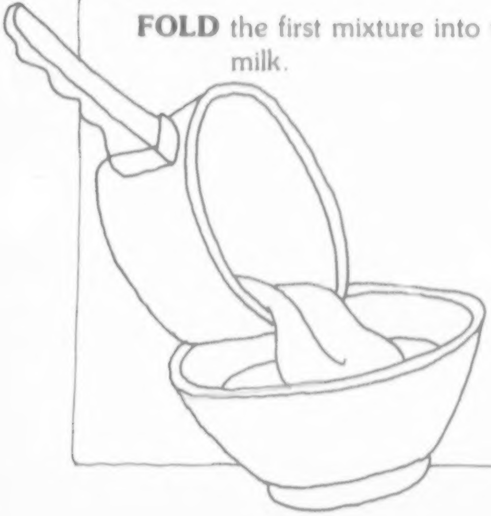


WHIP it very stiff.

FREEZE until firm.



FOLD the first mixture into the whipped milk.



WHIP it again to make it fluffy.

FREEZE again 'til firm.

To make evaporated milk whip easily, cook and cool it first.

ACTIVITIES

Where does milk come from? Look at pictures of animals that give milk to us and to other people of the world. Talk about the use of reindeer milk.

How does milk get to us? Look at films and pictures that show milk being produced, processed, packaged, etc.

What kinds of milk are available in your community? Visit the store. What other milk products can you find there? (Butter, cream, cheeses, ice cream, yoghurt.) Let children taste and compare all these if possible.

What did people in the Northwest Territories use before they were able to buy milk? An opportunity arises here to appraise the traditional diets of native people.

Collect pictures of animals that produce milk, and milk products. Make charts/scrap books.

Examine some fresh milk under a microscope or hand lens.

Have a milkshake or an ice cream party. See how many flavours you can make.

Make a large model cow from packets, cans and other containers of milk products. Give your cow a name.

O R

Make a papier mache cow. First make a wire netting shape, then cover this with at least four layers of brown paper. Paint and name your cow.

BOOKS

Some Cheese For Charles, Helen E. Buckley. Lothrop, Lee and
Shepard Co. Inc. Distributed by
George J. McLeod Limited
73 Bathurst Street
TORONTO, Ontario

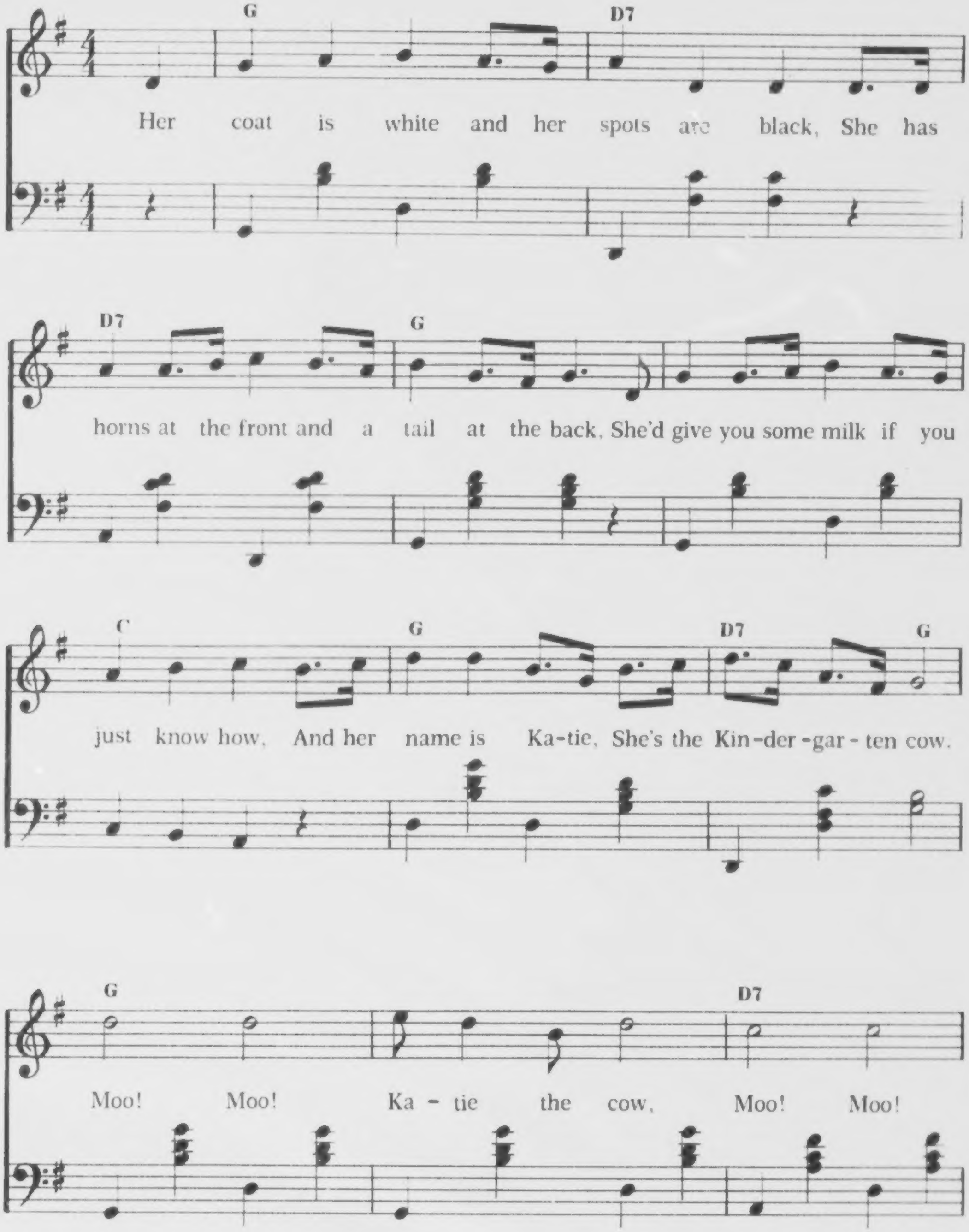
In The Night Kitchen, Maurice Sendak. Harper and Row. Distributed by
Fitzhenry & Whiteside Limited
150 Lesmill Road
DON MILLS, Ontario

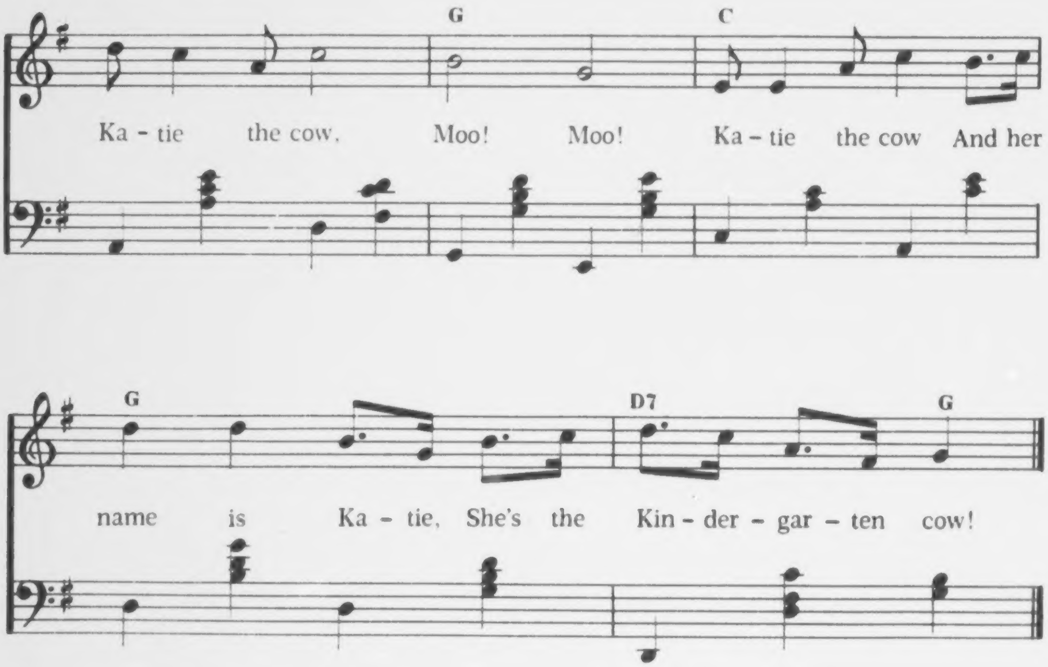
Animals That Give People Milk, McCabe & Mitchell
National Dairy Council
CHICAGO, Illinois

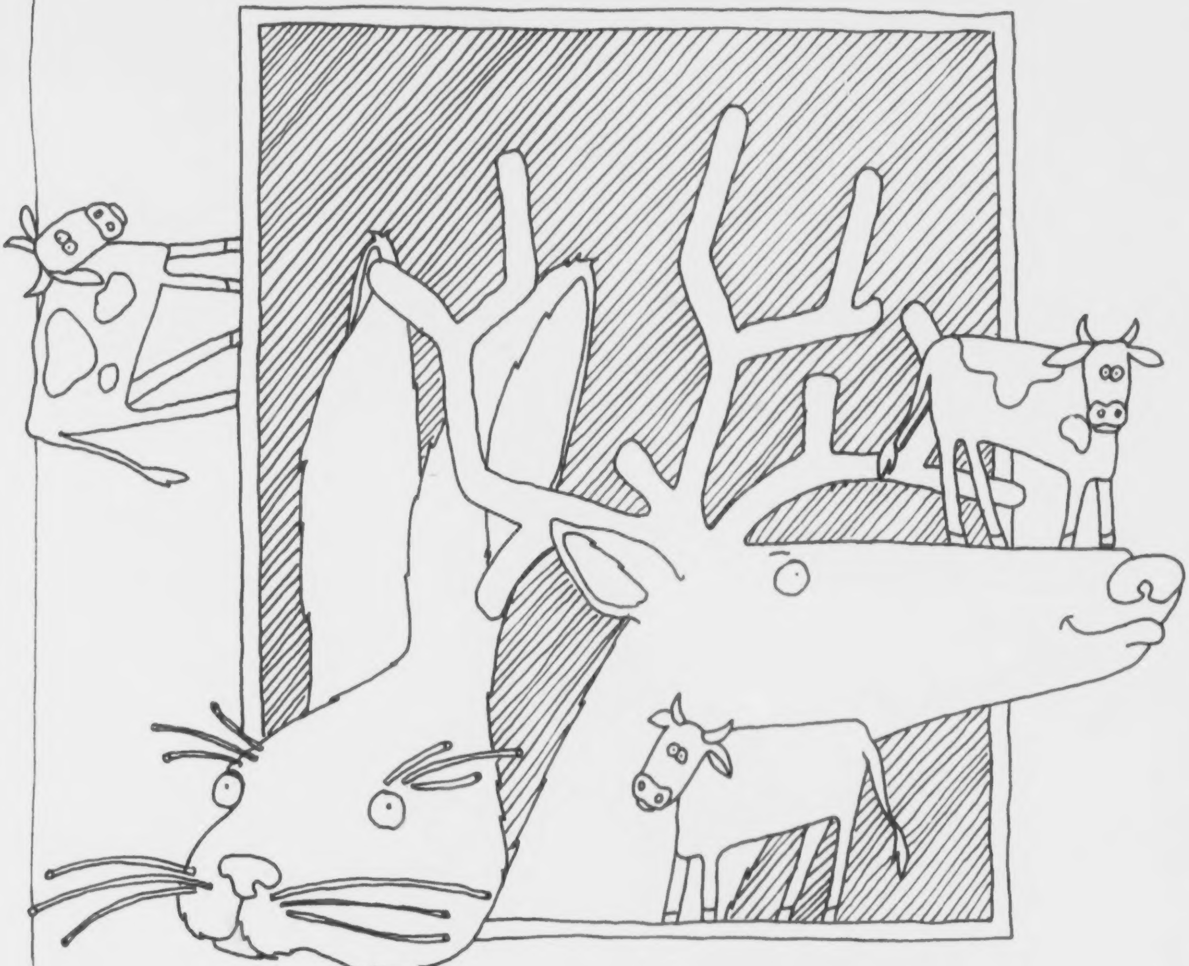
We All Like Milk, (set of pictures)
National Dairy Council
CHICAGO, Illinois

Katie The Cow

Words and Music by
Joan Haines


G
D7
Her coat is white and her spots are black, She has
D7
G
horns at the front and a tail at the back, She'd give you some milk if you
C
G
D7
G
just know how, And her name is Ka-tie, She's the Kin-der-gar-ten cow.
G
D7
Moo! Moo! Ka - tie the cow, Moo! Moo!


G
C
Ka - tie the cow, Moo! Moo! Ka - tie the cow And her
G
D7
G
name is Ka - tie, She's the Kin - der - gar - ten cow!



MEAT

Whenever you can, use country food. It's generally a lot cheaper and fresher than 'store bought' meat and usually contains a great deal less fat.

It can be eaten in a variety of ways:

fresh
frozen raw
dried
or cooked in many different ways

For more information ask the people in your community or the game management officer in your area. Here are some ways for cooking meat...

MEAT

Meat can be cooked, or stewed, in liquid...

hot plate

Choose pieces of MEAT AND BONE.

COVER the meat with cold WATER.

ADD a little ONION
SEASONINGS

SIMMER 'til the meat is tender.

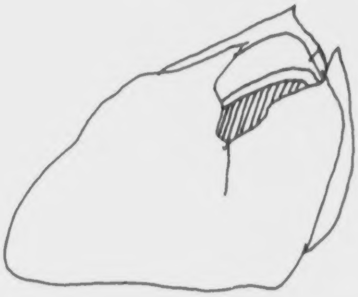
COOK everything a little longer, 'til tender.

SEASON

EAT the meat and DRINK the liquid.

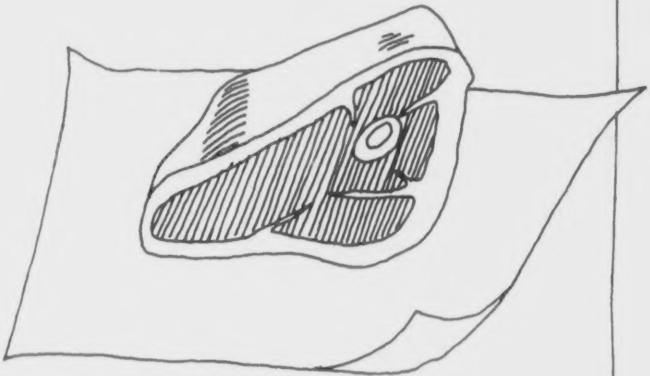
It's good with tea and bannock.

You can add dumplings if you like.



It is also very good if you wrap it in foil and add SEASONINGS and maybe a very small amount of LIQUID, such as TOMATO JUICE, inside the tightly closed foil. This is called pot roasting or braising.

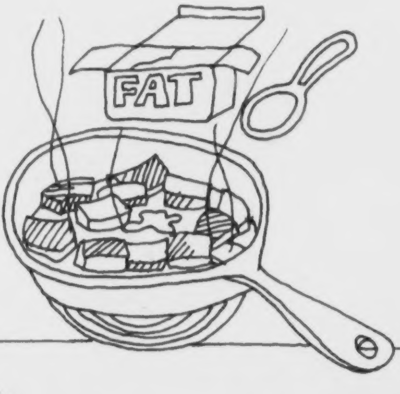
Just before the meat is completely cooked, **ADD** chopped VEGETABLES.



You can fry the meat...

Cut the meat into thin slices, shake it in SEASONED FLOUR, in a bag, then fry it in a little LARD with SEASONINGS such as ONION SALT or CELERY SALT.

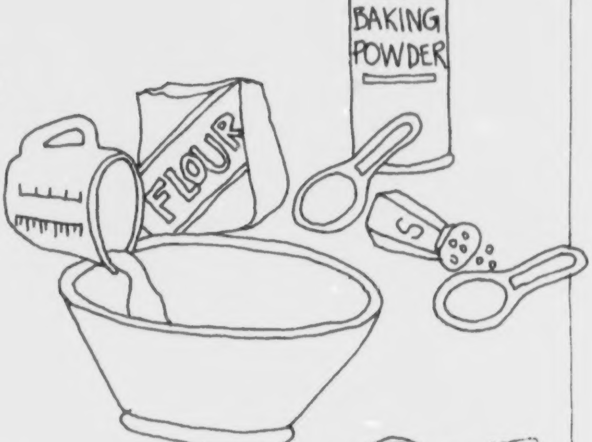
Caribou and seal are particularly good this way.

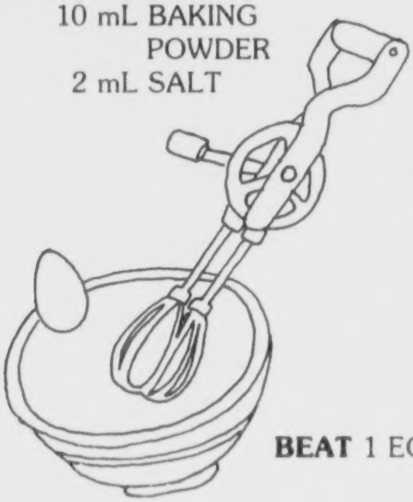


DUMPLINGS

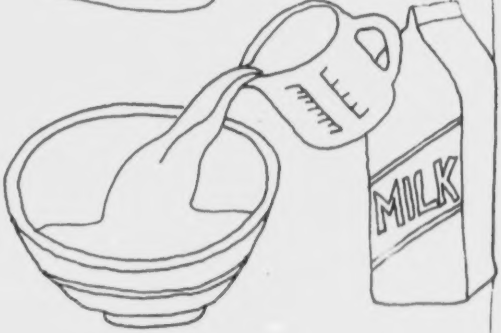
hot plate

SIFT together 250 mL FLOUR
10 mL BAKING POWDER
2 mL SALT



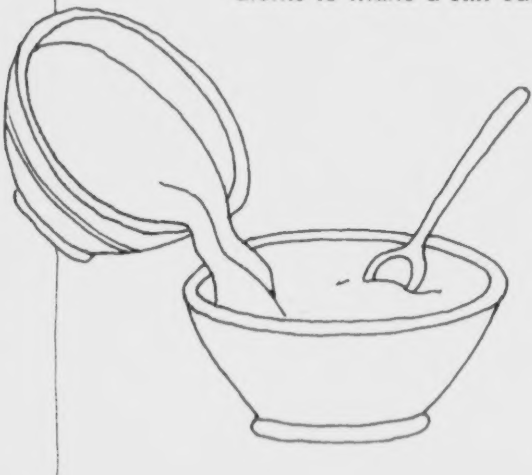


BEAT 1 EGG.



ADD enough MILK to make up 125 mL

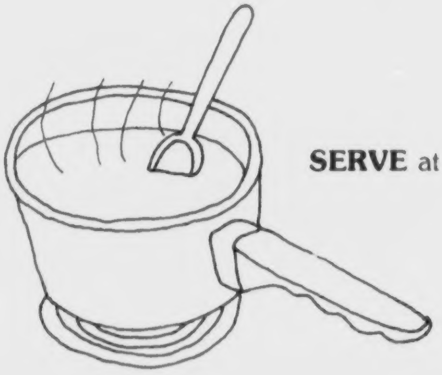
ADD enough liquid to the dry ingredients to make a stiff batter.



You can add chopped PARSLEY, HERBS or grated CHEESE to the dumplings if you like.

DROP by spoonfuls into simmering stew.

COVER and **SIMMER** for 20-25 minutes. **DON'T PEEK!**



SERVE at once.

POT ROASTING OR BRAISING

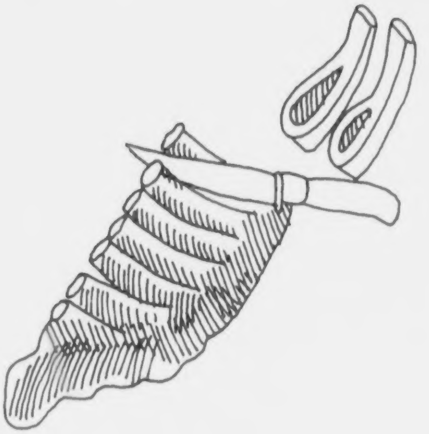
If you have rib bones, try cooking them in barbecue sauce...

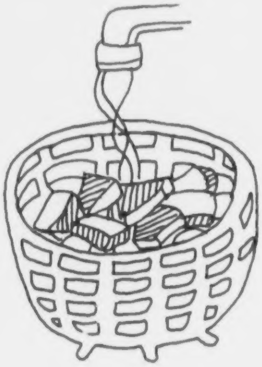
oven

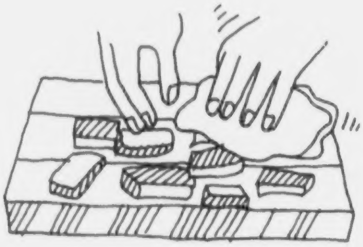
CHOP the BONES into serving pieces.

WASH in SALTED WATER and PAT DRY.

MELT some FAT in a heavy pan.

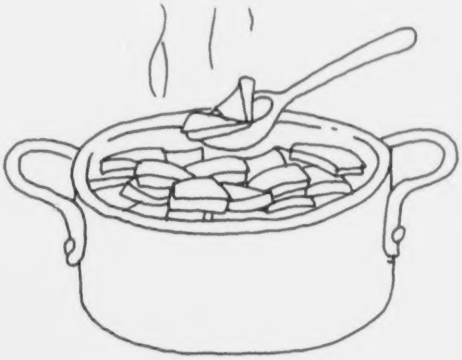


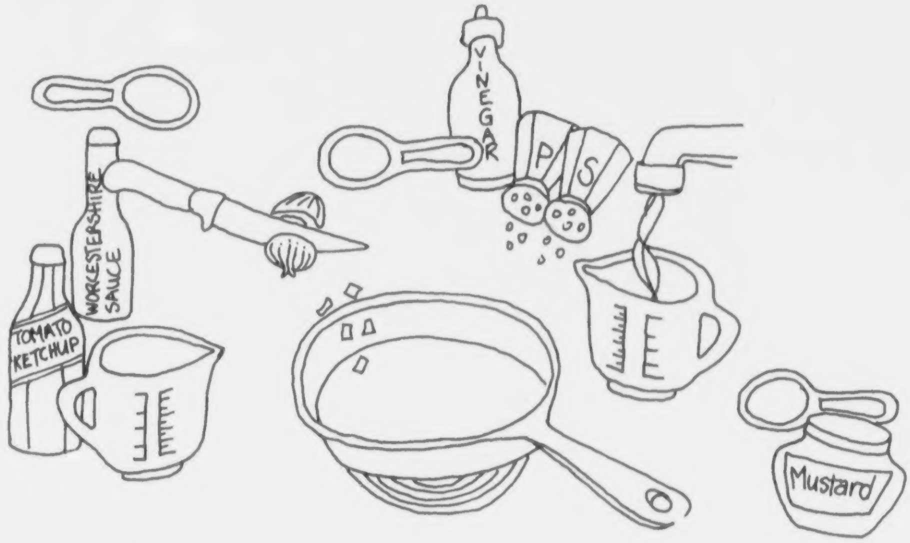




FRY the ribs 'til they are brown on all sides.

PUT them in a big baking dish.



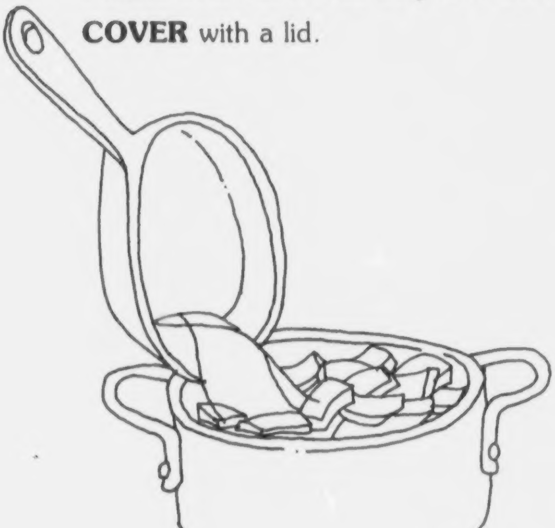

VINEGAR
P
S
WORCESTERSHIRE SAUCE
TOMATO KETCHUP
Mustard

MIX in the frying pan
250 mL TOMATO KETCHUP
250 mL WATER
15 mL WORCESTERSHIRE SAUCE
45 mL VINEGAR (or 30 mL VINEGAR and 15 mL LEMON JUICE)
about 50 mL BROWN SUGAR
1 small ONION, chopped
SALT
PEPPER
15 mL PREPARED MUSTARD
or
2 mL DRY MUSTARD

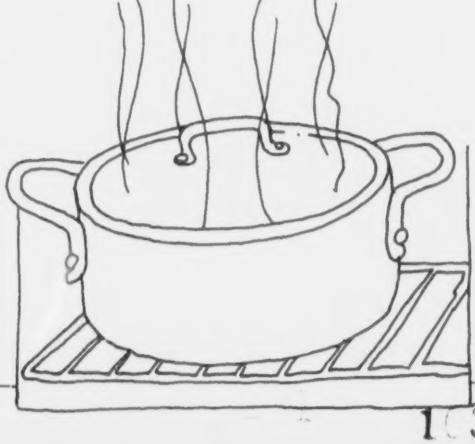
BRING to **BOIL.**

POUR over the ribs so they are covered.

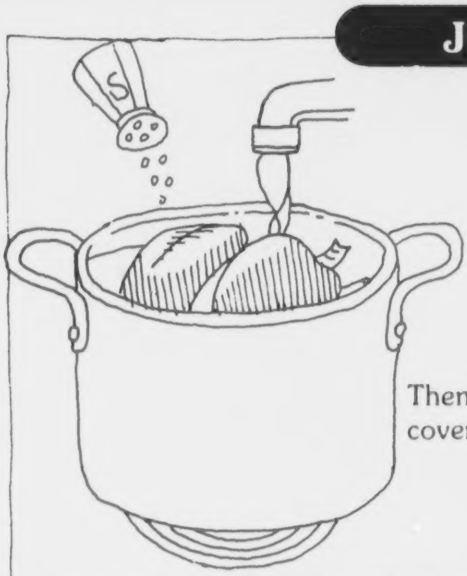
COVER with a lid.



BAKE at 160°C 'til tender.



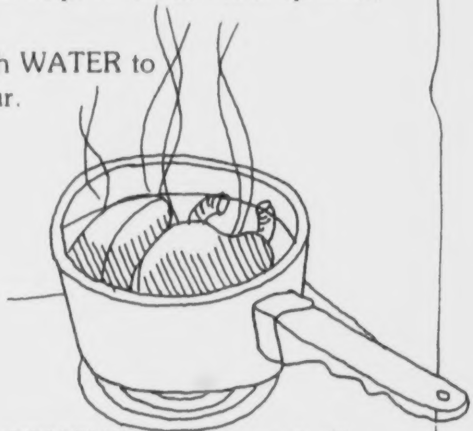
JELLIED MEAT



Caribou tongue, heart and liver are very tasty and good to eat...

The TONGUE and HEART are strong muscles because they work hard. So soak these muscles in SALT WATER for about half an hour before you cook them. This helps to clean them up a bit, too.

Then cook them, in enough WATER to cover them, at least an hour.



You can use a CARIBOU HEAD in the same way, after you take out the eyes, brains and ears. When the meat is cooked, chop it up with TONGUE and HEART to make **jellied meat.** This is called HEAD CHEESE. Don't forget SEASONINGS!

To make the meat mixture set you will need some GELATINE. You can buy this at the store now. However, once gelatine had to be got from animal bones.

If you'd like to try it, here's how:

If you have a TONGUE, you can peel off the thick outer skin.

hot plate

TAKE some CARIBOU HOOVES (or pigs' feet).

COVER with WATER.

BOIL for a long time.

Keep looking at the water and add more as you need it, so that you have about half as much as you started with.

STRAIN the liquid. When this liquid is cold it will be set firmly.

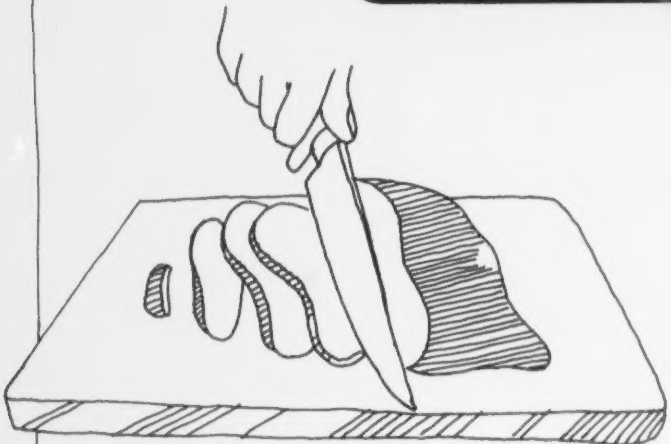
PUT a meat mixture in a bowl.

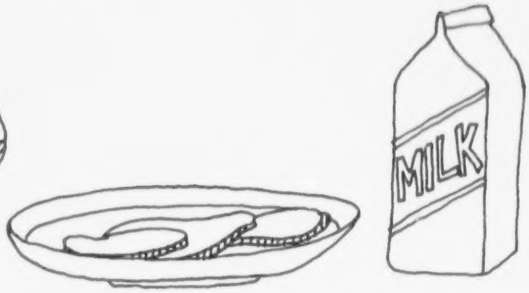
POUR in some of the liquid and let it get cold.

If you want to use the liquid gelatine for fruit jellies, you should clarify it before adding fruit and juices. Just add EGG SHELLS and boil. Strain and use. Experiment with amounts needed to jell firmly.

Make some regular jello and compare taste, texture, setting time, etc.

PANFRIED LIVER





SLICE LIVER.

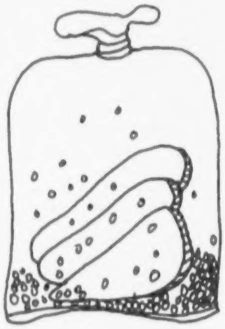
REMOVE membranes.

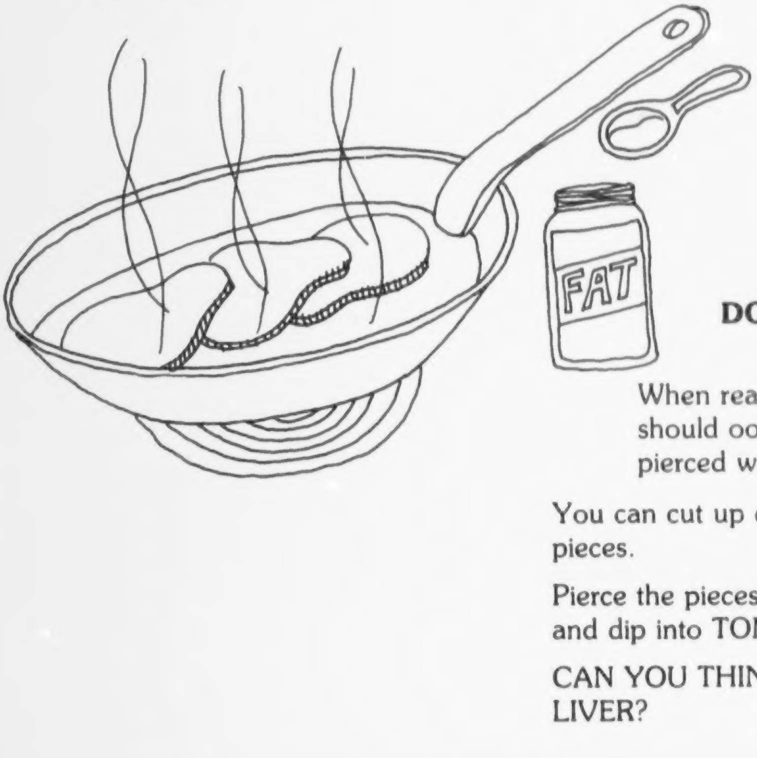
SOAK in MILK for 30 minutes.

DRAIN.

SHAKE liver in SEASONED FLOUR, in a bag.

FRY lightly on both sides in a little hot LARD or OIL.





DO NOT OVERCOOK.

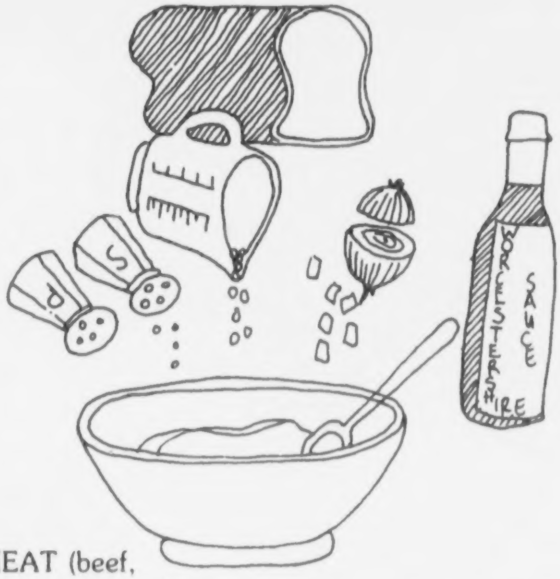
When ready, a little brownish-red liquid should ooze out when the meat is pierced with a fork.

You can cut up cooked liver into small pieces.

Pierce the pieces with TOOTHPICKS and dip into TOMATO KETCHUP.

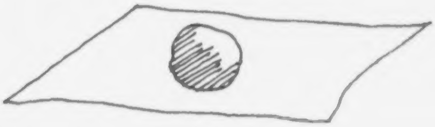
CAN YOU THINK UP A NEW DIP FOR LIVER?

MEAT BALLS



hot plate

MIX 500 mL GROUND MEAT (beef, caribou, seal, moose, etc.)
1 EGG
100 mL BREAD or CRACKER CRUMBS
SALT
PEPPER
WORCESTERSHIRE SAUCE
chopped ONION or ONION FLAVOURING, to taste.

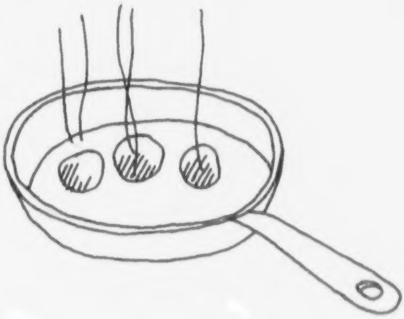


PUT a mound of mixture on a piece of WAX PAPER. (use about 30 mL for each ball.)

SHAPE into balls.

ROLL in FLOUR.

BROWN meat on all sides in hot FAT, in a frying pan.



SPEAR with TOOTHPICKS and dip in TOMATO SAUCE, or serve with SPAGHETTI and SAUCE.

This is a good one for little fingers. Be careful though, they're very hot when cooked.

MINI-LESSON

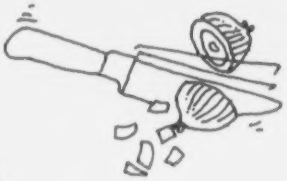
Make bread crumbs.

Put some crackers in a bag, roll with a rolling pin to make crumbs.

MEAT SAUCE

hot plate

Make this meat sauce and use it with many different mixtures:
e.g. spaghetti and meat sauce.
lasagne
Chili con carne
pizza

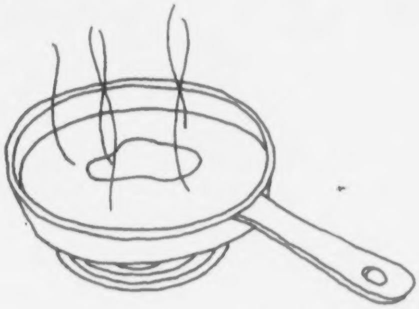


CHOP UP 1 ONION.

FRY in a little OIL.

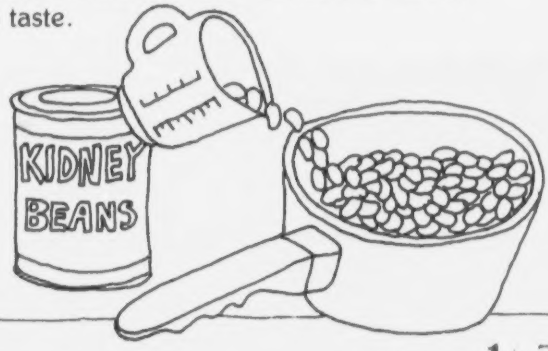
BROWN about 450 g ground MEAT.

ADD the liquids.

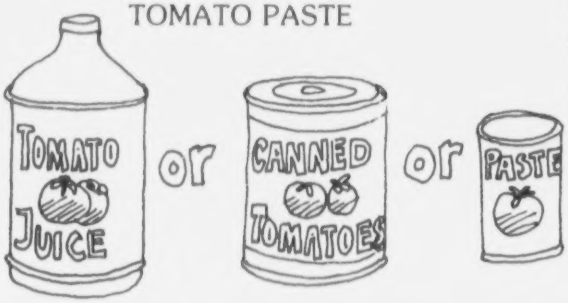


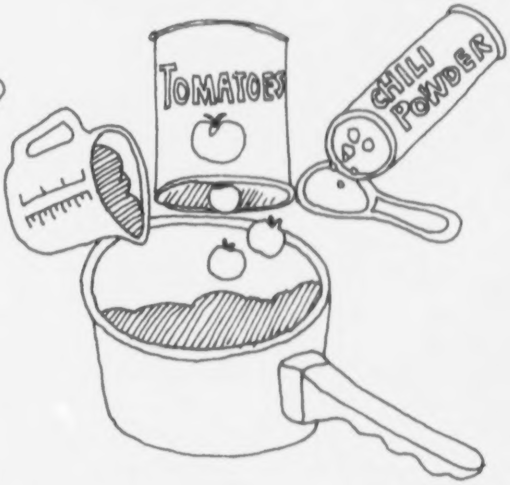
COOK 'til thick (45-60 minutes).

For **Chili con carne,** add canned KIDNEY BEANS and CHILI POWDER to taste.


KIDNEY BEANS

MAKE UP about 1 L liquid from
TOMATO JUICE
CANNED TOMATOES
or
TOMATO SAUCE
CONDENSED TOMATO SOUP
or
TOMATO PASTE


TOMATO JUICE
or
CANNED TOMATOES
or
PASTE


TOMATOES
CHILI POWDER

MINI-LESSON

using a meat grinder.

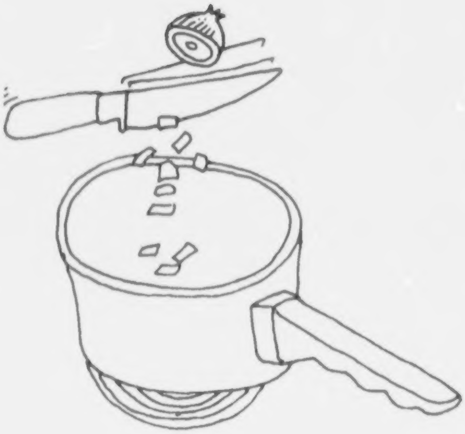
CHILI

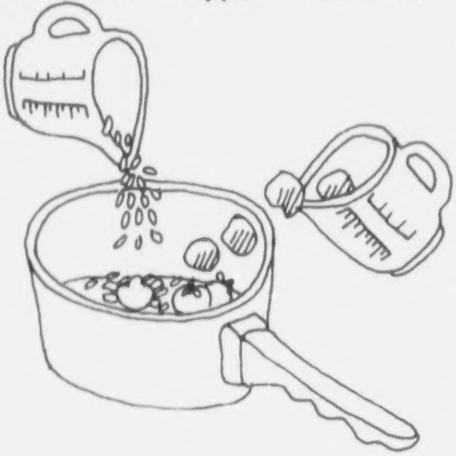
Here's another way to make CHILI.
Use any country food you have.

hot plate

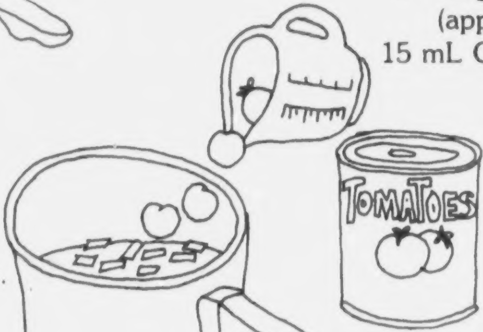
MELT some FAT in a deep pan.

COOK some chopped ONION in it.



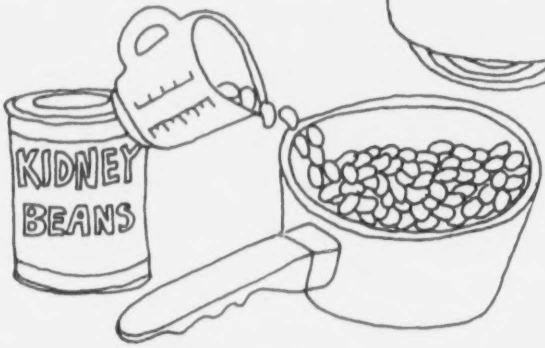


ADD 500 g GROUND MEAT
1 large tin TOMATOES
(approx. 750 mL)
15 mL CHILI POWDER

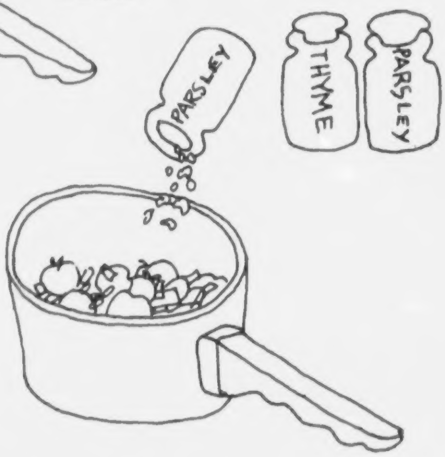


COVER.

COOK SLOWLY for 1 hour.


KIDNEY BEANS

ADD 700-800 mL canned KIDNEY
BEANS.


PARSLEY
THYME
PARSLEY

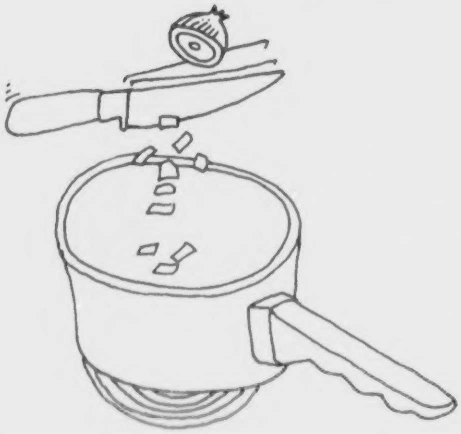
ADD SALT/PEPPER to taste.

SERVE with bannock or crackers.

JAMBALAYA

with meat, fish or poultry

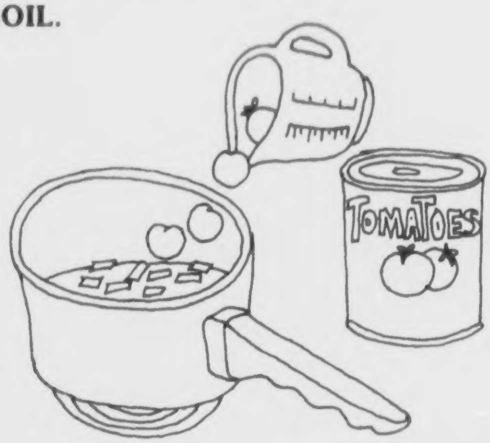
hot plate



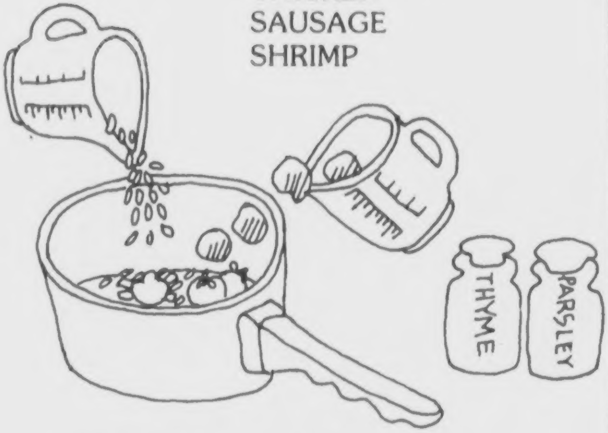
COOK some chopped ONION in a little FAT.

ADD about 375 mL canned TOMATOES, drained.

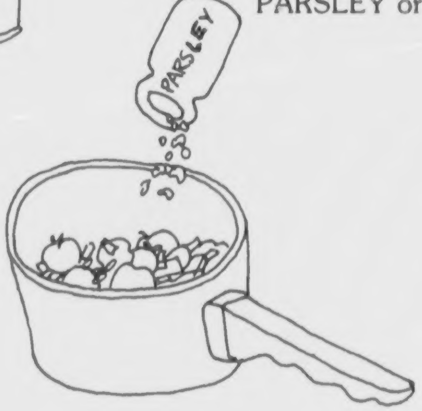
BOIL.



ADD 750 ml COOKED RICE.
500 mL of any combination of
COOKED HAM
CHICKEN
SAUSAGE
SHRIMP



SEASON with HERBS such as PARSLEY or THYME.



MINI-LESSON

Cooking rice.

SERVE HOT.

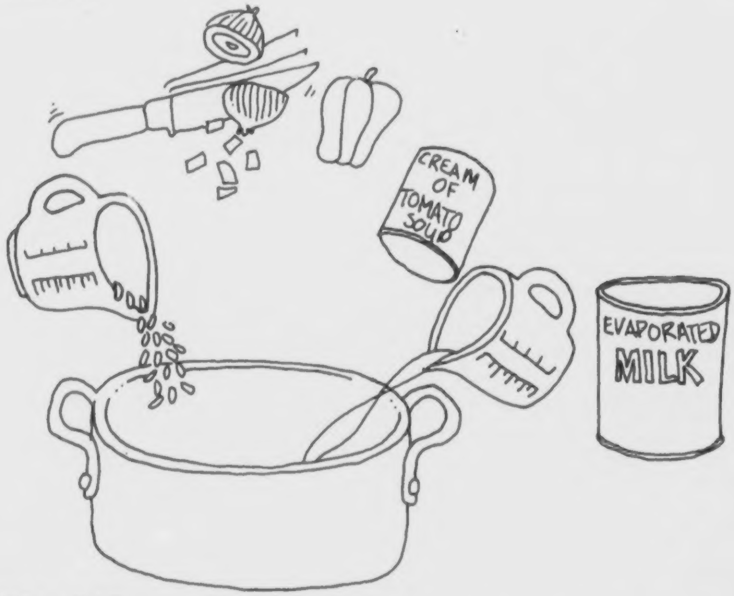
TRY THIS WITH COUNTRY FOOD.

SEAL CASSEROLE

hot plate

GRIND some cooked SEAL MEAT.

PREPARE twice as much COOKED RICE.

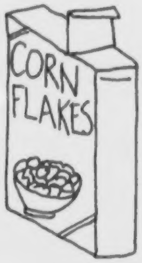

CREAM OF TOMATO SOUP
EVAPORATED MILK

COOK some chopped ONION in FAT. (Add some GREEN PEPPER if you like.)

MIX MEAT
RICE
ONION
1 can CREAM OF TOMATO or CREAM OF MUSHROOM SOUP
250 mL EVAPORATED MILK

The mixture should be thick enough to plop.

COVER with cornflakes and bake in a hot oven (optional).

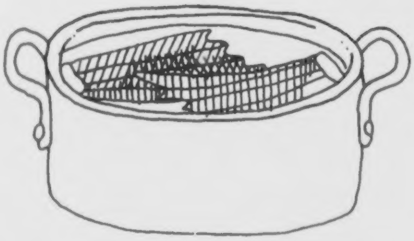

CORN FLAKES

MINI-LESSONS

Cooking rice.

Grinding meat.

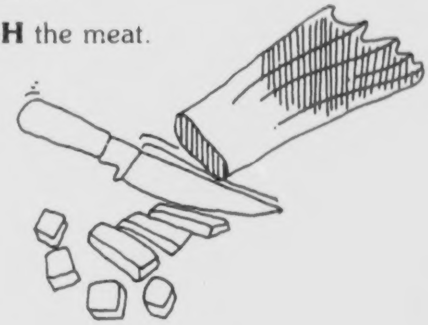
SEAL FLIPPERS



SOAK 2 seal flippers in
10 mL BAKING SODA and
enough WATER to cover
for 30 minutes.

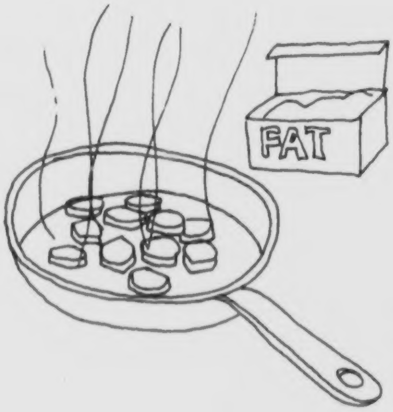
CUT AWAY the white fat from the seal meat.

WASH the meat.

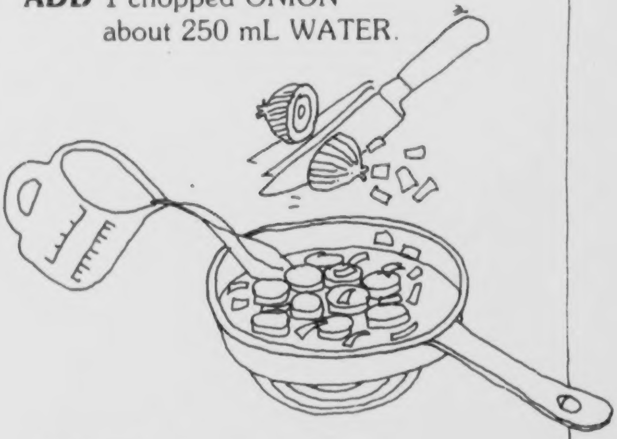


CUT into bite-size pieces.

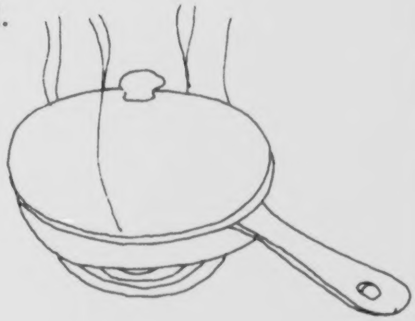
BROWN the meat in a little OIL.



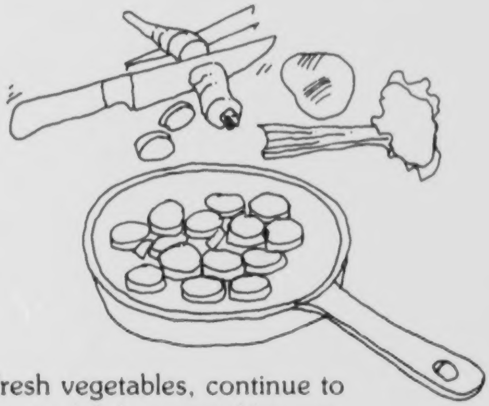
ADD 1 chopped ONION
about 250 mL WATER.



SIMMER.



ADD either fresh, canned or frozen VEGETABLES.

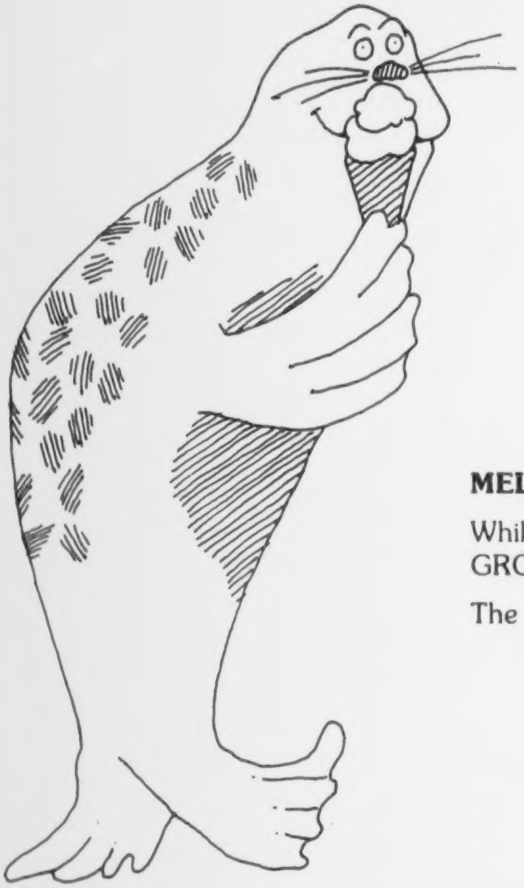


If using fresh vegetables, continue to cook the stew 'til the vegetables are tender.

SERVE with bannock.

ESKIMO ICE CREAM

hot plate



MELT some SEAL FAT (or other).

While it is warm, **MIX** with some GROUND (COOKED) MEAT.

The mixture should be very stiff.

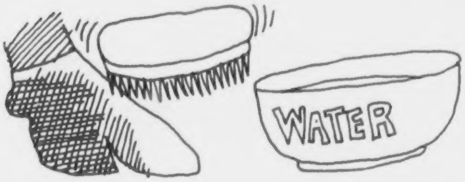
EAT with bannock or bread.

Sometimes, blueberries are used instead of meat.

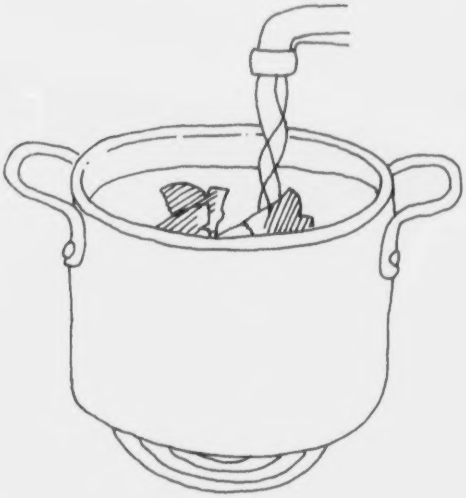
CARIBOU HOOVES

hot plate

WASH the HOOVES and put them in a large pot.

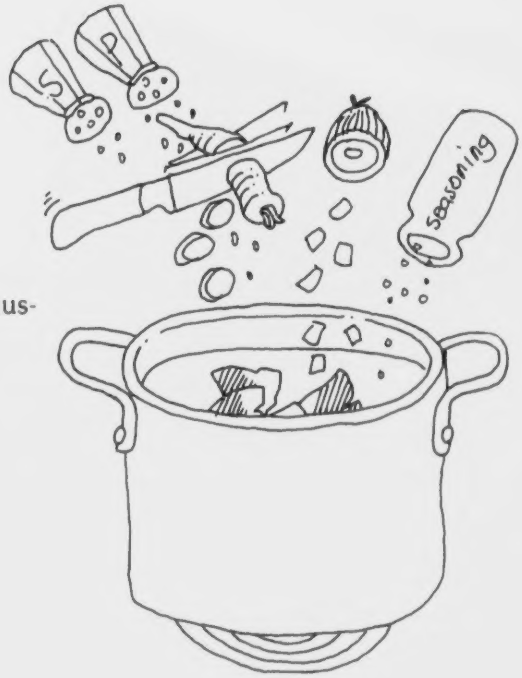


COVER with WATER.

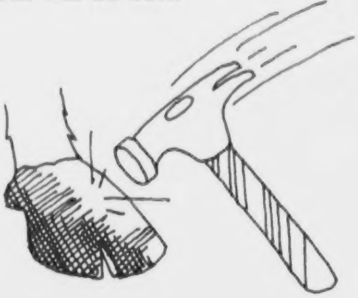


ADD some ONION
CARROT
SEASONINGS

BOIL for 2-3 hours.



The skin will peel off easily and the muscle meat will be soft.



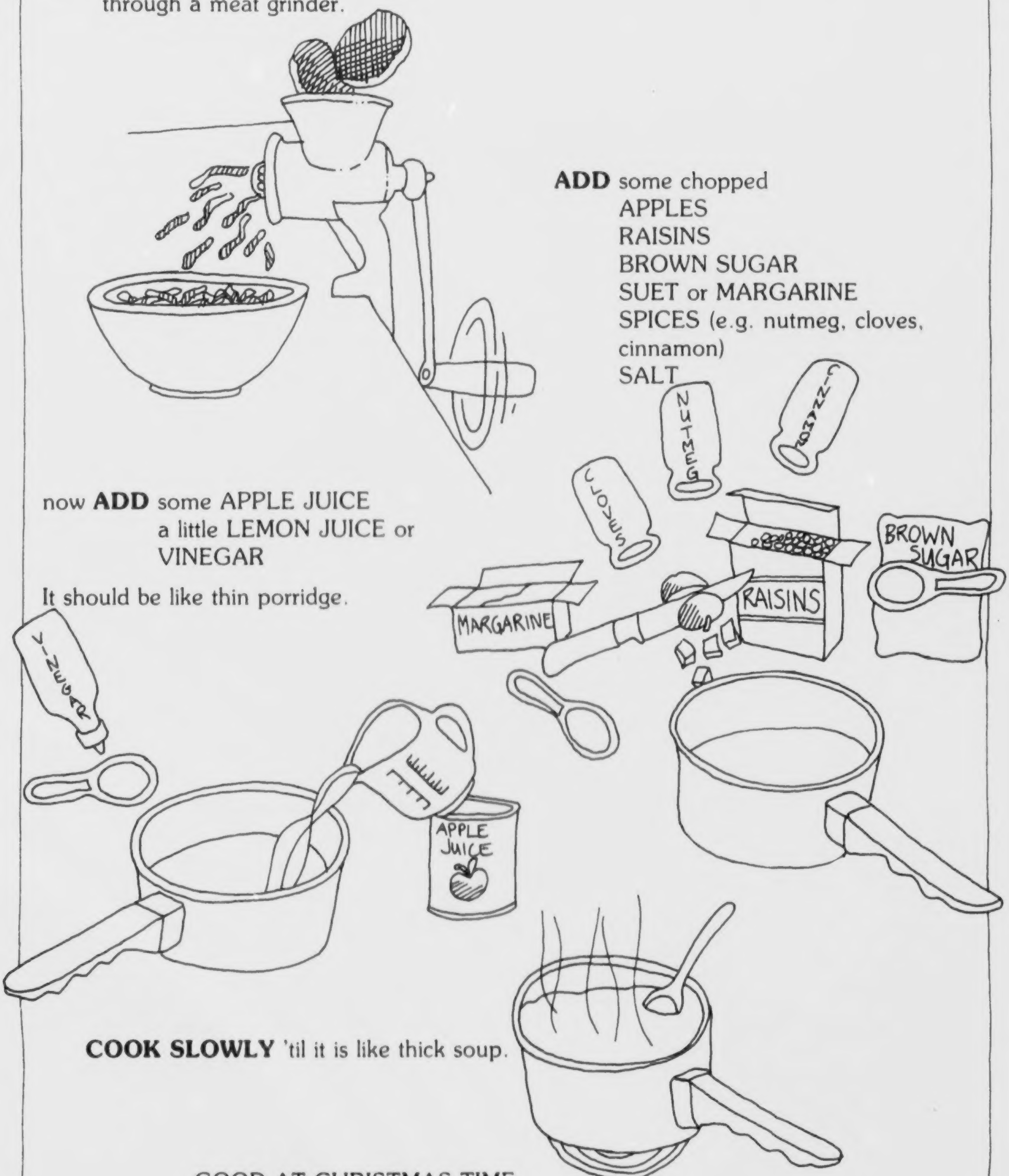
Break open the toe nails and find the sweet meat inside.

Cook other bones at the same time and use the stock for soup.

CARIBOU MINCEMEAT

hot plate

PUT some cooked or uncooked meat through a meat grinder.


NUTMEG
CINNAMON
CLOVES
RAISINS
BROWN SUGAR
MARGARINE
VINEGAR
APPLE JUICE

ADD some chopped
APPLES
RAISINS
BROWN SUGAR
SUET or MARGARINE
SPICES (e.g. nutmeg, cloves, cinnamon)
SALT

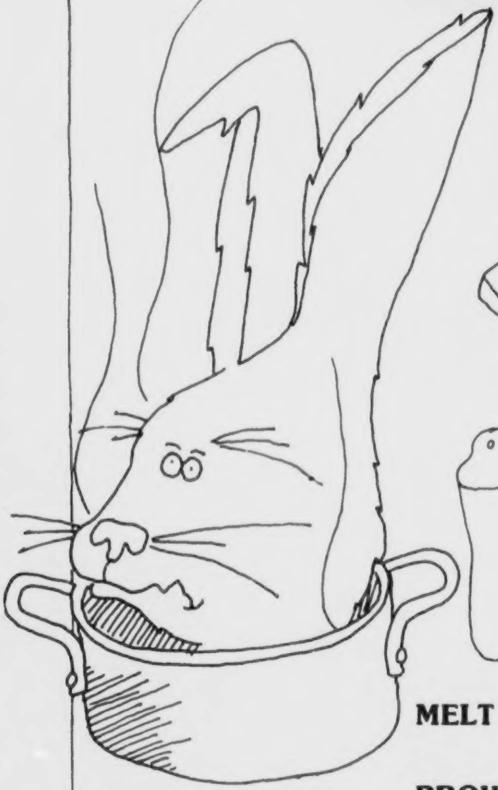
now **ADD** some APPLE JUICE
a little LEMON JUICE or VINEGAR

It should be like thin porridge.

COOK SLOWLY 'til it is like thick soup.

GOOD AT CHRISTMAS TIME
IN PIES AND COOKIES

ARCTIC HARE STEW

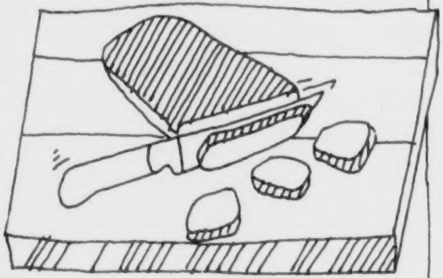


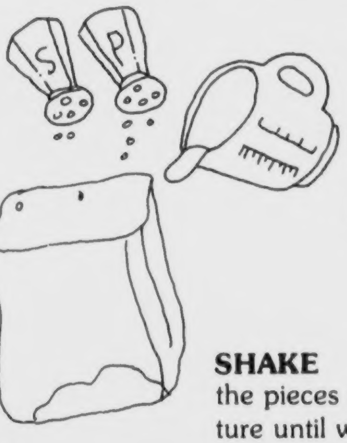
6-8 servings *hot plate*

SKIN and **CLEAN** one ARCTIC HARE.

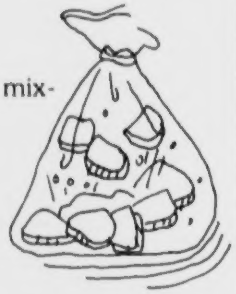
WASH thoroughly.

CUT into serving pieces.





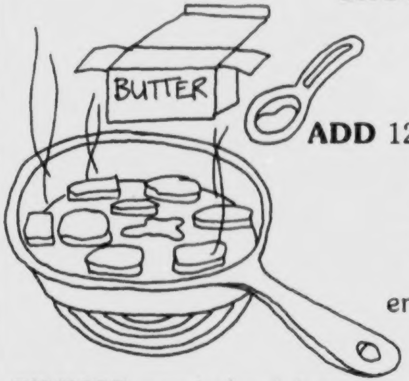
PUT in a bag 50 mL FLOUR
2 mL SALT
1 mL PEPPER



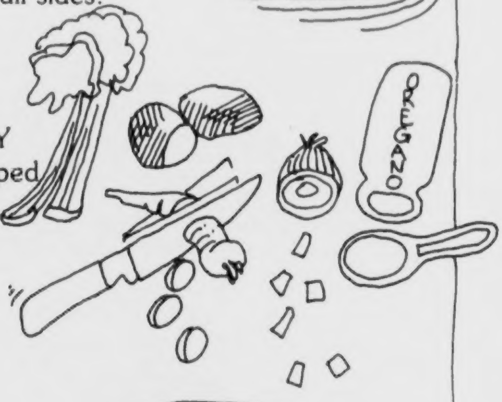
SHAKE the pieces of meat in this mixture until well-coated.

MELT 50 mL BUTTER or MARGARINE in a heavy pan.

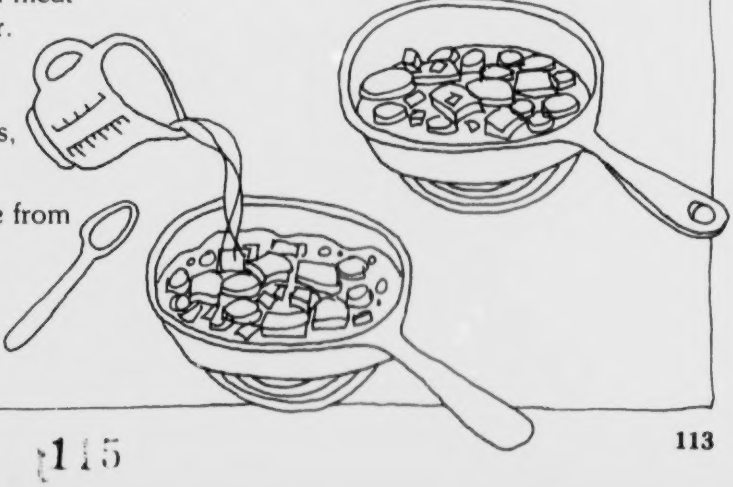
BROWN the meat evenly on all sides.



ADD 125 mL chopped CELERY
2 small ONIONS, chopped
4 CARROTS, diced
6 POTATOES, diced
2 mL OREGANO
enough WATER to cover



SIMMER gently for 1 hour, or until meat and vegetables are tender.



If using canned or frozen vegetables, add them later.

THICKEN stew with a paste made from
30 mL FLOUR
125 mL WATER

STIR until smooth.

COOK 10 more minutes.

BEST COPY AVAILABLE

ACTIVITIES

Save all the bones from an animal brought in from a hunting trip (e.g. a seal, rabbit or ptarmigan). Let these dry completely, then try to reassemble the skeleton. Use putty to attach the bones to each other.

Collect pictures/photos of animals. Which ones eat meat? Which ones don't? Which ones do people eat? Which ones do people in the Northwest Territories hunt? etc. Make charts/scrap books.

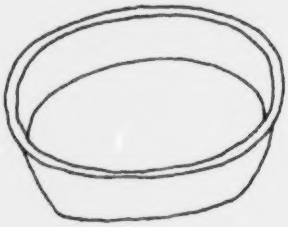
Traditionally, people in the Northwest Territories used bones for many different games. Ask around your community to see if anyone knows any such games.

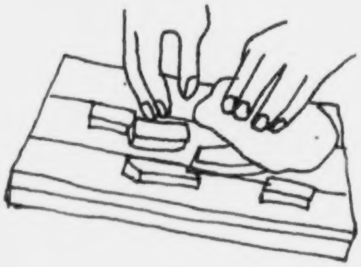
Take three pieces of meat. Leave one piece uncovered at room temperature, another airtight but at room temperature, and the third refrigerated. Observe and record any changes that occur. Use a microscope or hand lens to view the microbes that grow in the spoiled meat. (See PRESERVES section for more ideas.)

What foods can take the place of meat? With older children talk about protein, its importance in the diet and foods that complement one another to give complete protein. Have them collect some meatless, but high protein recipes.

Look in the store for different ways meat is sold — smoked, cured, canned...Make a list of the best buys.

Boil some bones in vinegar water. What happens to them. Make the softened bones into interesting shapes. Make a mobile from some.



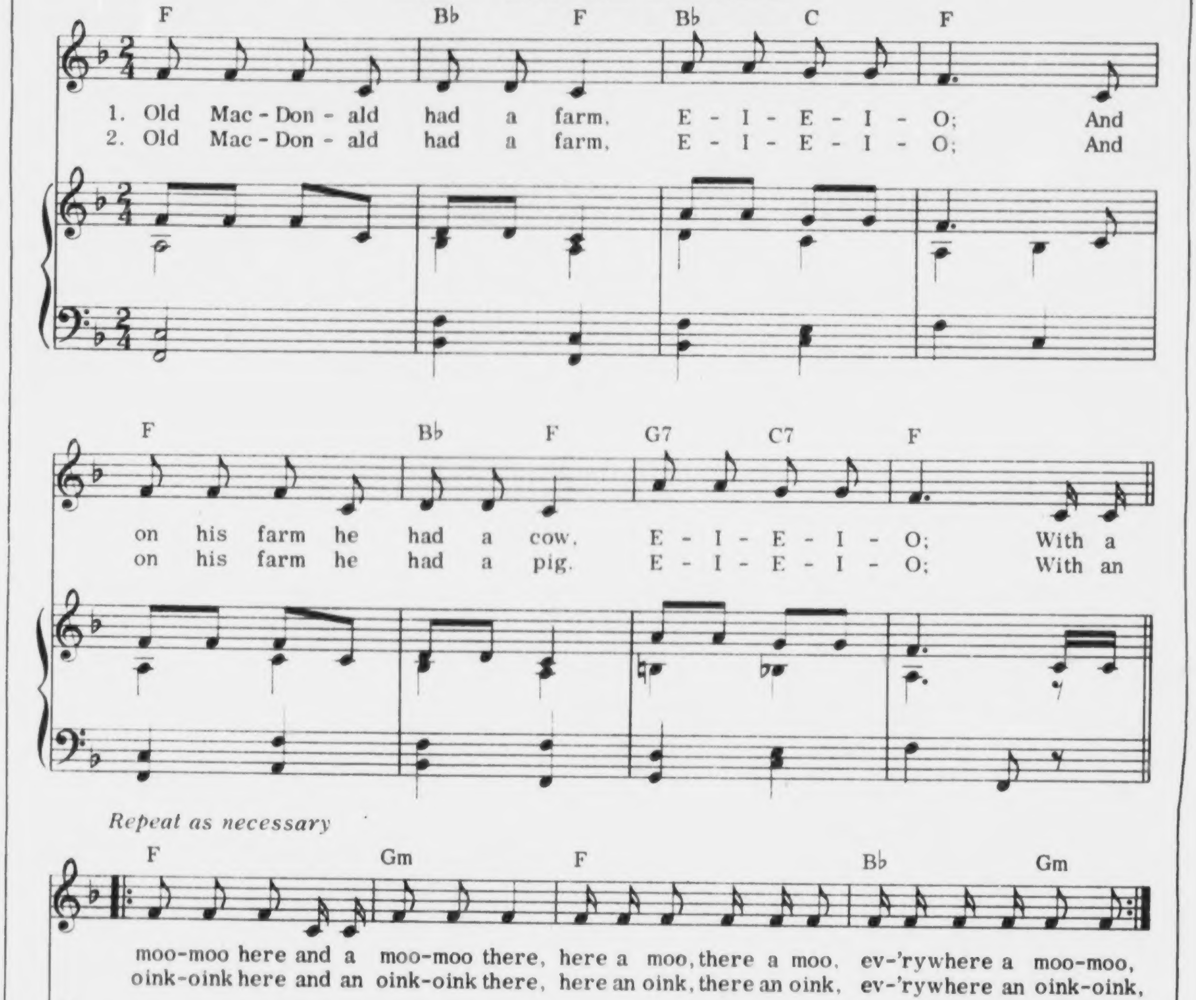


BOOKS

Bones, Elementary Science Study
McGraw-Hill Ryerson Limited
330 Progress Avenue
SCARBOROUGH, Ontario

The Little Seal With Meal Appeal, Jane Riley.
T.S. Denison & Company Incorporated.
Distributed by
Scholars Choice Ltd.
50 Ballantyne Avenue
STRATFORD, Ontario

OLD MACDONALD


F Bb F Bb C F
1. Old Mac-Don-ald had a farm, E-I-E-I-O; And
2. Old Mac-Don-ald had a farm, E-I-E-I-O; And
F Bb F G7 C7 F
on his farm he had a cow, E-I-E-I-O; With a
on his farm he had a pig. E-I-E-I-O; With an
Repeat as necessary
F Gm F Bb Gm
moo-moo here and a moo-moo there, here a moo, there a moo, ev-'rywhere a moo-moo,
oink-oink here and an oink-oink there, here an oink, there an oink, ev-'rywhere an oink-oink,
F Bb F G7 C7 F
Old Mac-Don-ald had a farm, E-I-E-I-O.

3. Old MacDonald had a farm, E-I-E-I-O;
And on his farm he had a duck, E-I-E-I-O;
With a quack-quack here and a quack-quack there,
Here a quack, there a quack, ev'rywhere a quack-quack,
An oink-oink here and an oink-oink there,
Here an oink, there an oink, ev'rywhere an oink-oink,
A moo-moo here and a moo-moo there,
Here a moo, there a moo, ev'rywhere a moo-moo,
Old MacDonald had a farm, E-I-E-I-O.

4. Old MacDonald had a farm, E-I-E-I-O;
And on his farm he had a horse, E-I-E-I-O;
With a neigh-neigh here and a neigh-neigh there,
Here a neigh, there a neigh, ev'rywhere a neigh-neigh,
A quack-quack here and a quack-quack there,
Here a quack, there a quack, ev'rywhere a quack-quack,
An oink-oink here and an oink-oink there,
Here an oink, there an oink, ev'rywhere an oink-oink,
A moo-moo here and a moo-moo there,
Here a moo, there a moo, ev'rywhere a moo-moo,
Old MacDonald had a farm, E-I-E-I-O.

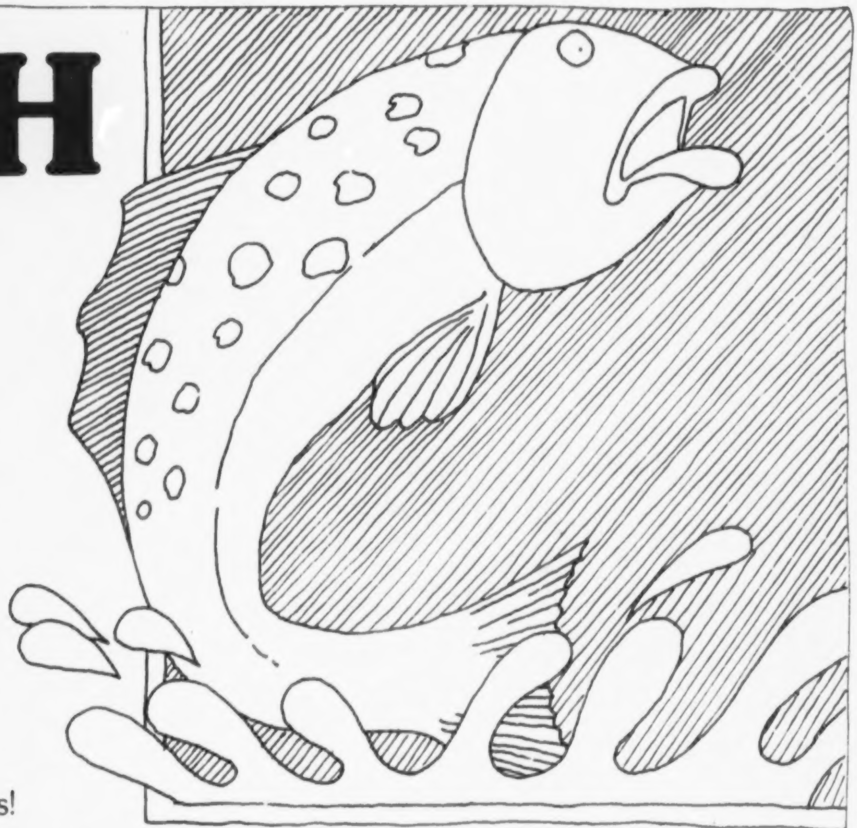
5. Old MacDonald had a farm, E-I-E-I-O;
And on his farm he had a donkey, E-I-E-I-O;
With a hee-haw here and a hee-haw there,
Here a hee-haw, there a hee-haw, ev'rywhere a hee-haw,
A neigh-neigh here and a neigh-neigh there,
Here a neigh, there a neigh, ev'rywhere a neigh-neigh,
A quack-quack here and a quack-quack there
Here a quack, there a quack, ev'rywhere a quack-quack,
An oink-oink here and an oink-oink there,
Here an oink, there an oink, ev'rywhere an oink-oink,
A moo-moo here and a moo-moo there,
Here a moo, there a moo, ev'rywhere a moo-moo,
Old MacDonald had a farm, E-I-E-I-O.

6. Old MacDonald had a farm, E-I-E-I-O;
And on his farm he had some chickens, E-I-E-I-O;
With a chick-chick here and a chick-chick there,
Here a chick, there a chick, ev'rywhere a chick-chick,
A hee-haw here and a hee-haw there
Here a hee-haw, there a hee-haw, ev'rywhere a hee-haw,
A neigh-neigh here and a neigh-neigh there,
Here a neigh, there a neigh, ev'rywhere a neigh-neigh,
A quack-quack here and a quack-quack there
Here a quack, there a quack, ev'rywhere a quack-quack,
An oink-oink here and an oink-oink there,
Here an oink, there an oink, ev'rywhere an oink-oink,
A moo-moo here and a moo-moo there,
Here a moo, there a moo, ev'rywhere a moo-moo,
Old MacDonald had a farm, E-I-E-I-O.

(Add your own animals)

Sing and/or clap in each verse until the chorus. In each chorus symbolize each animal, e.g., pull udders for the cow; press one finger under the nose upward and pull down under-part of eyes with thumb and finger of other hand at the same time, to imitate a pig; wiggle-waggle the upper part of the body for a duck; a riding motion for a horse; a hand on either side of the head for a donkey's ears, etc.

FISH



Fish is de - lish - ous!

If you can catch it yourself and eat it really fresh, then that is best of all; especially when you are out on the land. In the North there are Arctic Char, Inconnu, Whitefish, Grayling, Perch, Pickerel, Trout and others.

Be sure to find out from the people living in your area how they prepare and eat fish. Usually you will remove the scales, very large bones and entrails.

Here are some ideas for preparing fish for eating...

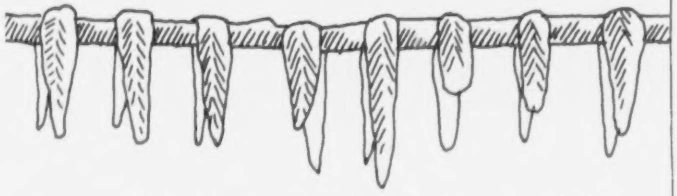
1. Fresh, frozen - Cut up with a saw or axe. Peel off the skin and cut up with a knife or ulu.
2. Boiled, frozen - Put into cold water in a pot. Cook until the fish comes to the top of the water.
3. Fried - Cut up the fish into serving size pieces.

   Shake them in flour and cook each side in hot fat.
4. Baked - Wrap the fish in foil. Sometimes add a little onion, celery, salt, seasonings, lemon juice or vinegar. Fold the foil so the juices will not run out. Bake in a hot oven or drop the package into boiling water. The fish is cooked when it flakes easily and the flesh is opaque. Each 2 cm thickness of fish will take about 10 minutes to cook. (Length does not affect the cooking time.)

   You might try stuffing the body cavity with a dressing made of cubed bread crumbs, chopped onion, seasonings and melted fat. Be sure to fix the open edges together with toothpicks and sewing thread.

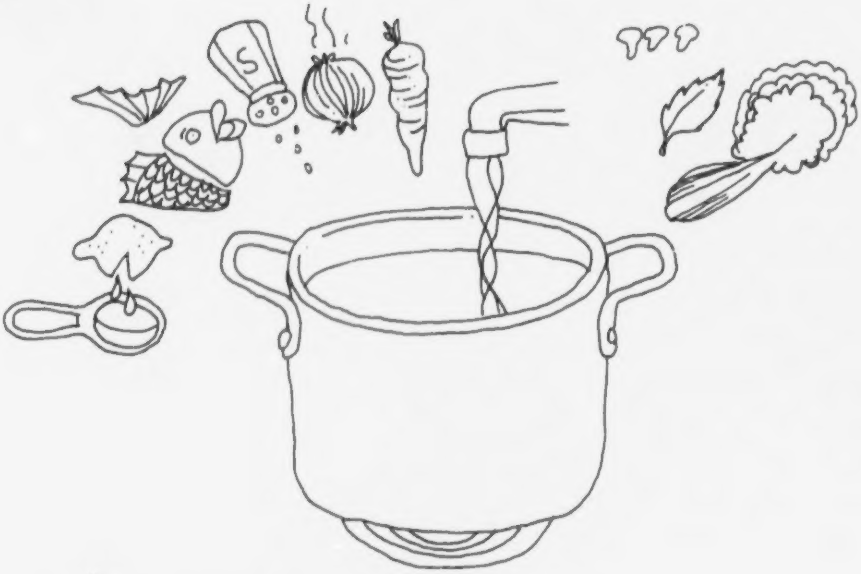
FISHY BEGINNINGS

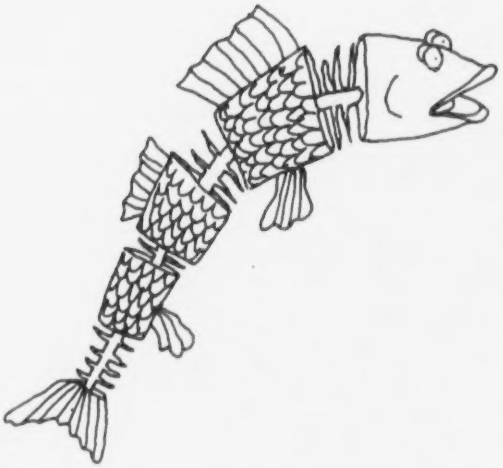
Fish can be dried and smoked too. Ask the people in your community, particularly the older people, to show you how.



Don't throw away heads, bones and skin of fish, because they make good stock for soup.

Just **COVER** fish scraps with water.





ADD some CARROT
ONION
finely chopped
CELERY
CLOVES
a BAY LEAF
LEMON JUICE or 15 mL
VINEGAR
SALT
PEPPER

BOIL.

SIMMER for 15 minutes.

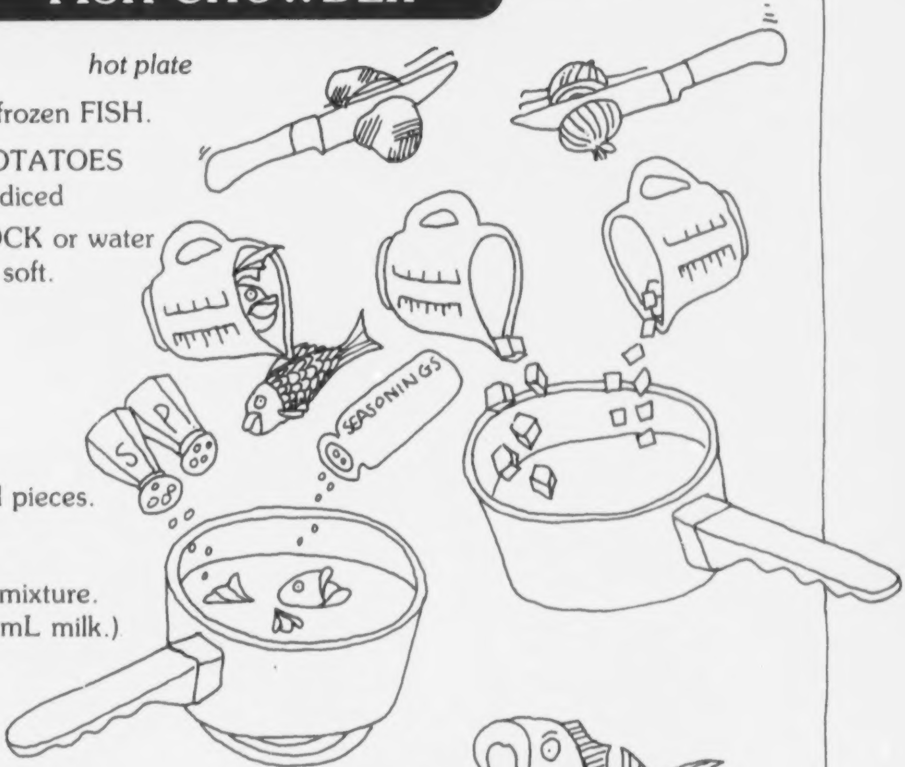
STRAIN and use the clear liquid.

FISH CHOWDER

serves 8 *hot plate*

Use about 450 g fresh or frozen FISH.

COOK 500 mL cubed POTATOES
1 ONION, diced
in 500 mL FISHSTOCK or water
'til nearly soft.

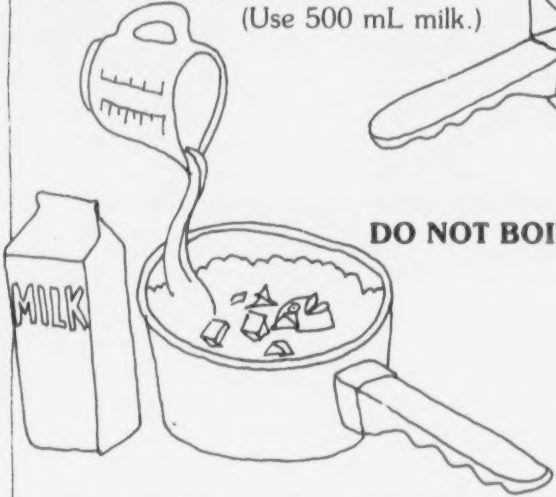


ADD SEASONINGS
PARSLEY

ADD FISH, cut into small pieces.

COOK 'til fish is soft.

ADD MILK to the FISH mixture.
(Use 500 mL milk.)



DO NOT BOIL.

SERVE HOT.

Variations: Add other vegetables for extra colour and taste. e.g. peas, beans, broccoli, cauliflower.

ADD CREAM or a little BUTTER or
MARGARINE to the chowder.

MARGARINE
MILK

MINI-LESSONS

Cleaning fish.

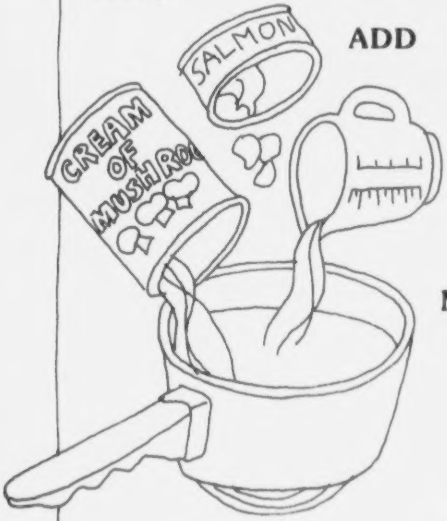
Cutting up fish.

Scalding milk.

CASSEROLE

Here's an easy casserole…

Everything is mixed up together in a dish and baked or cooked in a saucepan 'til bubbly.

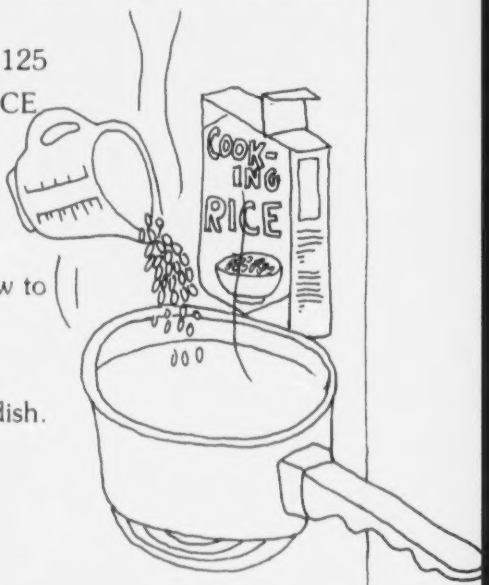


ADD 1 can TUNA or SALMON, drained
1 can CREAM OF MUSHROOM SOUP (if you don't know how to make a sauce)
125 mL MILK

MIX everything together in a big dish.

You could make your very own casserole and name it.

COOK about 125 mL RICE

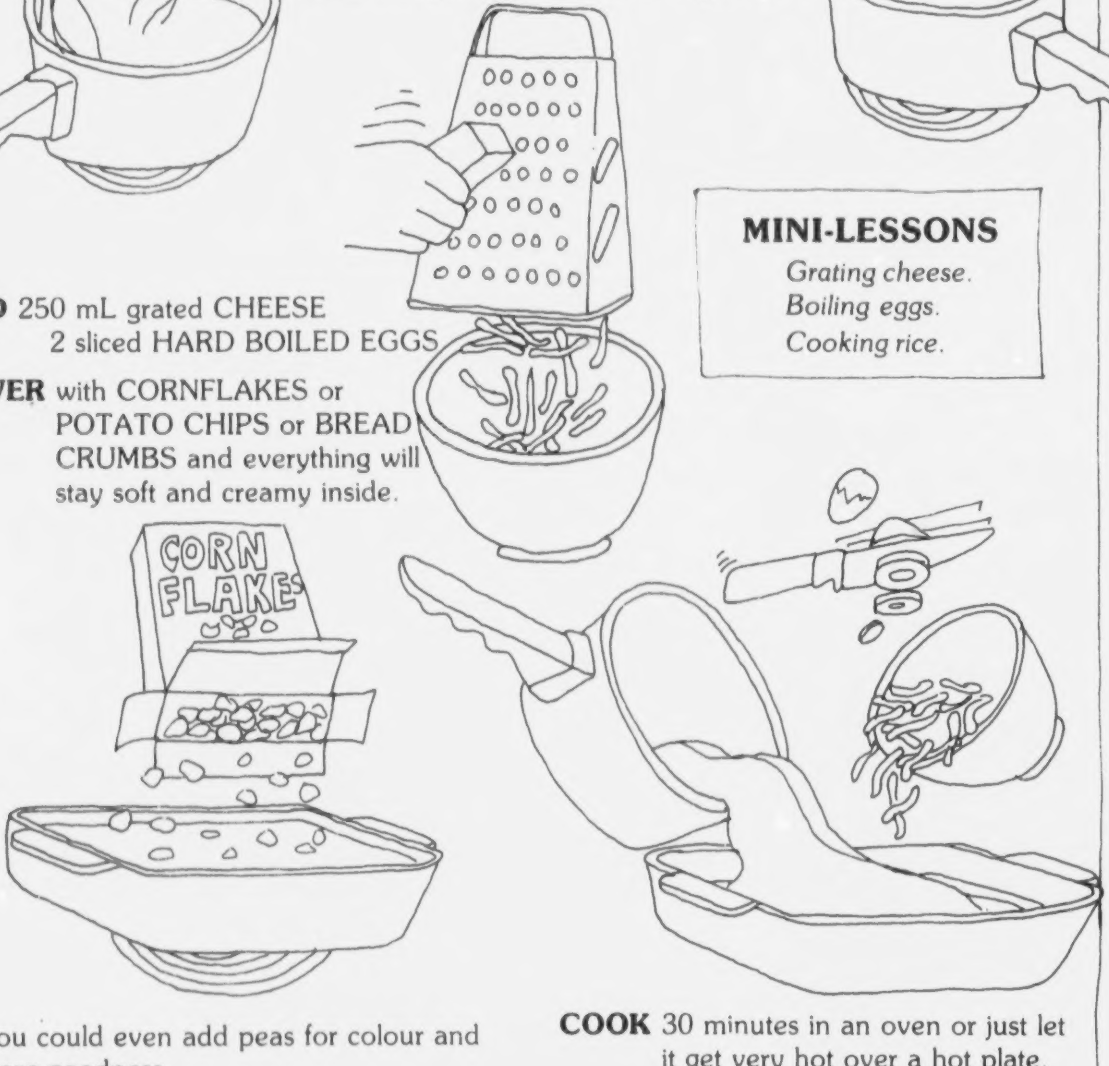


MINI-LESSONS

Grating cheese.
Boiling eggs.
Cooking rice.

ADD 250 mL grated CHEESE
2 sliced HARD BOILED EGGS

COVER with CORNFLAKES or POTATO CHIPS or BREAD CRUMBS and everything will stay soft and creamy inside.



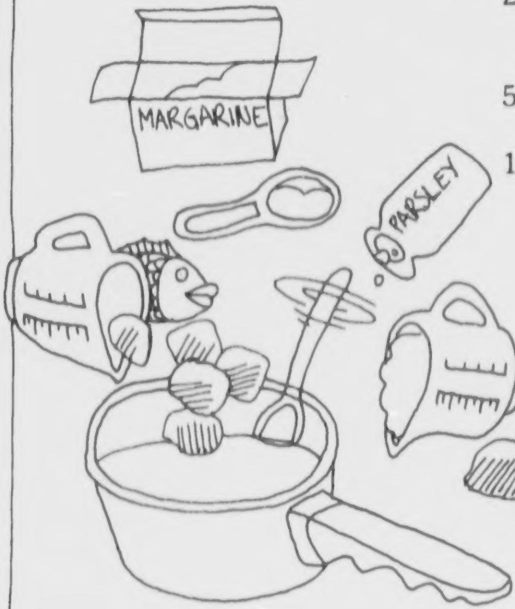
You could even add peas for colour and more goodness.

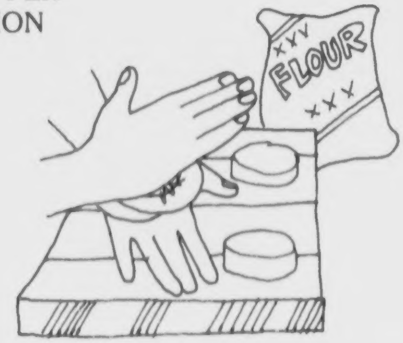
COOK 30 minutes in an oven or just let it get very hot over a hot plate.

FISH CAKES

8-10 cakes

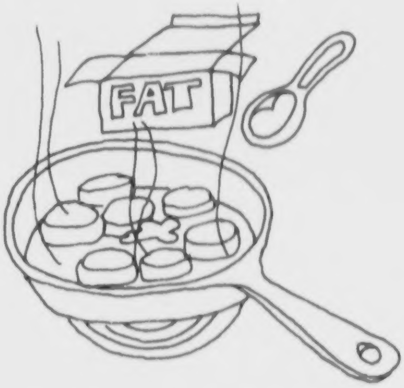
MIX	250 mL	cooked flaked FISH
	325 mL	SEASONED cooked mashed POTATOES
	25 mL	melted MARGARINE
		PARSLEY to taste
	1	EGG
	50 mL	FLOUR
		SALT/PEPPER
	15 mL	grated ONION





SHAPE into flat cakes about the size of the palm of your hand.

ROLL in FLOUR.



FRY in a little hot FAT, 'til brown on both sides.

MINI-LESSON

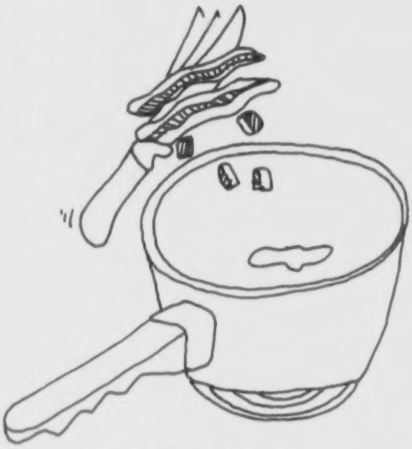
Preparing dried potatoes.

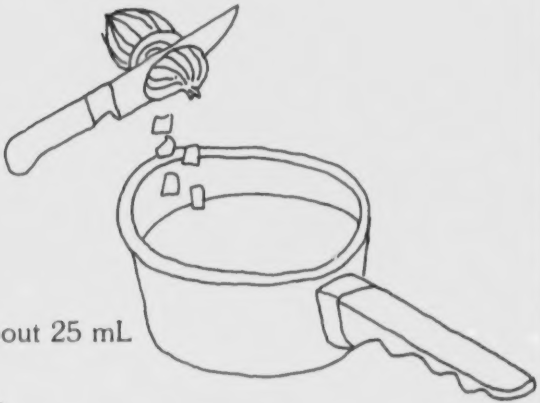
Boiling and mashing fresh potatoes.

JAMBALAYA

6-8 servings *hot plate*

CHOP 2 slices BACON.

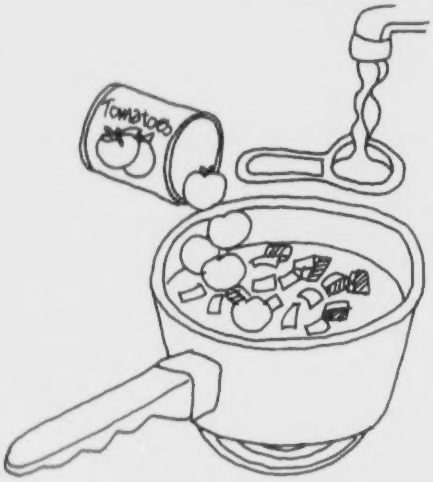




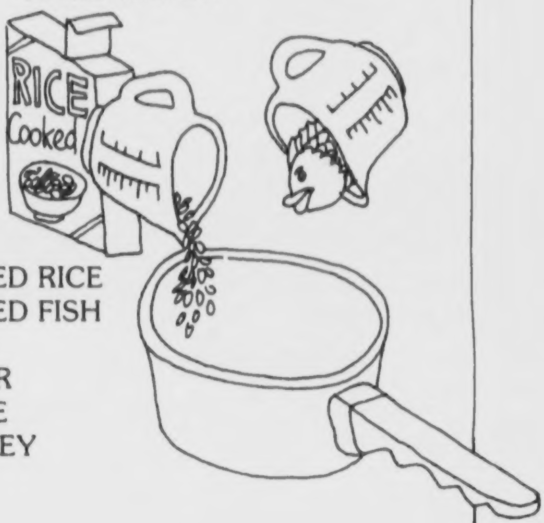
FRY in a large saucepan in about 25 mL FAT.

ADD 50 mL chopped ONION.

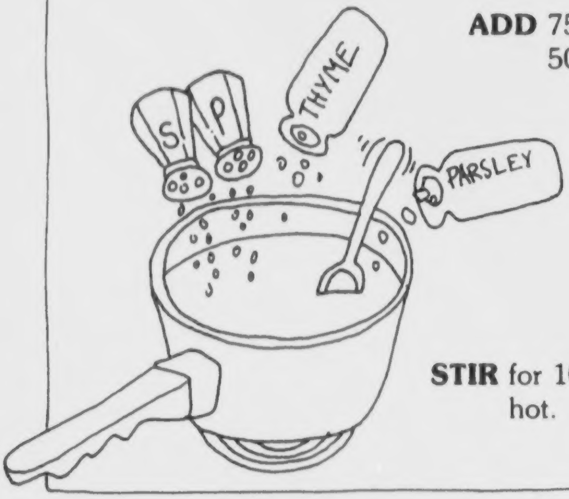
COOK 'til soft.



ADD carefully 1 small can TOMATOES, drained.
50 mL WATER

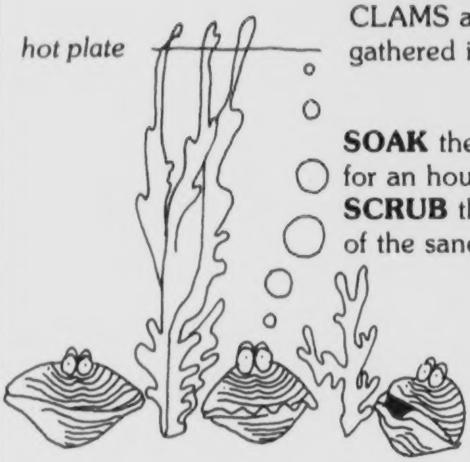

RICE
Cooked

ADD 750 mL COOKED RICE
500 mL COOKED FISH
SALT
PEPPER
THYME
PARSLEY


S
P
THYME
PARSLEY

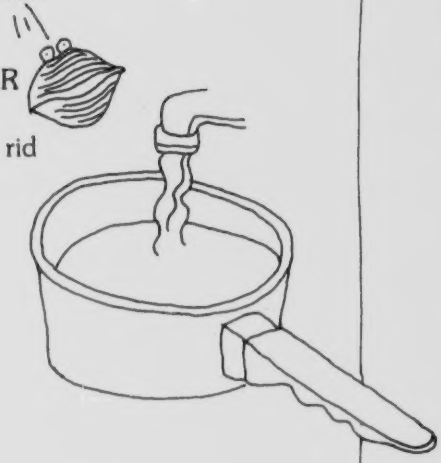
STIR for 10 minutes, over low heat, 'til hot.

CLAMS



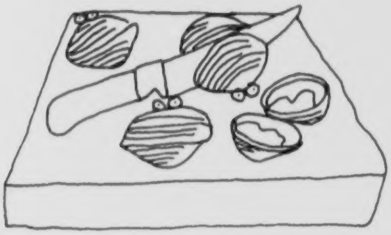
CLAMS are good too and can be gathered in many northern communities.

SOAK them in cold SALTED WATER for an hour to clean them and then **SCRUB** the shells if necessary to get rid of the sand.

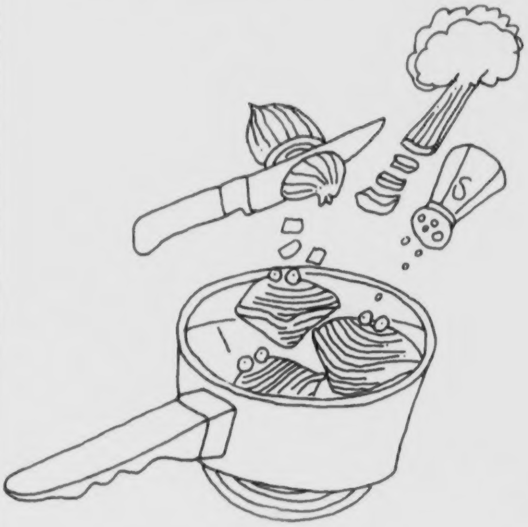


JUST COVER the clam shells with clean water.

ADD a little SALT and some chopped ONION and CELERY if you like.

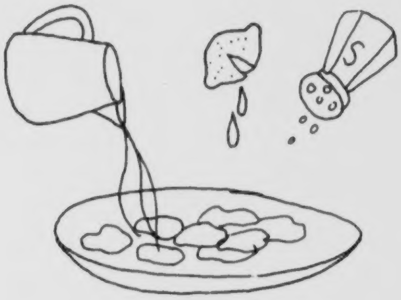


PRY OPEN the shell with an ordinary knife. Be careful!



SIMMER about 12 minutes.

Allow them to cool.



They're scrumptious when eaten with melted BUTTER, LEMON JUICE and SEASONINGS.

ACTIVITIES

Have some parents take the children fishing and show them how to catch, clean and cook the fish.

Save the fish scales. Dye them and make them into jewellery by stringing them or sewing/gluing them onto hide/fabric.

Do people in your community have any traditional handicrafts using fish? (e.g. fish skin boats around Fort Norman — see **Arctic Cotton, Labrador Tea and Other Northern Aphrodisiacs** (p. 227) for pictures and instructions.)

Fish Prints: Before cooking the fish, use it for making prints. Cover one side evenly with paint, press firmly on paper and lift. The print could be used as a place mat.

With older children, try dissecting a fish.

Make stuffed paper fish: Cut out two identical shapes and staple or sew them together (leave a small opening on one side). Stuff with shredded paper and fasten the opening. Paint and hang.

Try to bring some goldfish or guppies into the classroom for children to observe.

Make cookies in the shape of fish. Paint with egg yolk paint (see EGG section). Eat as dessert after a fish meal or as a snack. Or make jello in a flat dish and cut into fish shapes.

What other things live in the water? This could introduce an 'Underwater' study unit.

What are some different ways people fish? In the north? Elsewhere?

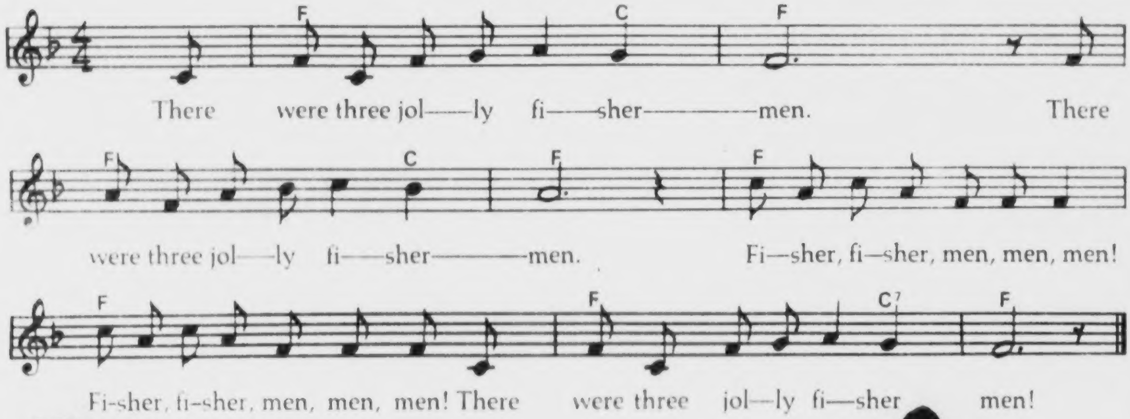
Play fishing: Make fishing rods from sticks, string and small magnets. Attach paper clips to pictures of fish or pictures of food. Children identify the fish or the food they catch.

Which fish are shell fish? Look in the store for different kinds. Are they good value for the price charged?

There are many varieties of shell fish in the north. If you live near the ocean, have someone take the children shell fishing.

Collect shells. Keep as a collection or use in craft projects.

Three jolly fishermen


F C F
There were three jol—ly fi—sher——men. There
F C F F
were three jol—ly fi—sher———men. Fi—sher, fi—sher, men, men, men!
F F C7 F
Fi-sher, fi-sher, men, men, men! There were three jol—ly fi—sher men!

There were three jolly fishermen . . .

The first one's name was Abraham . . .

The second one's name was Isaac . . .

The third one's name was Jacob . . .

They all went to Amster . . . *(cover mouth)*

You shouldn't say that naughty word . . .

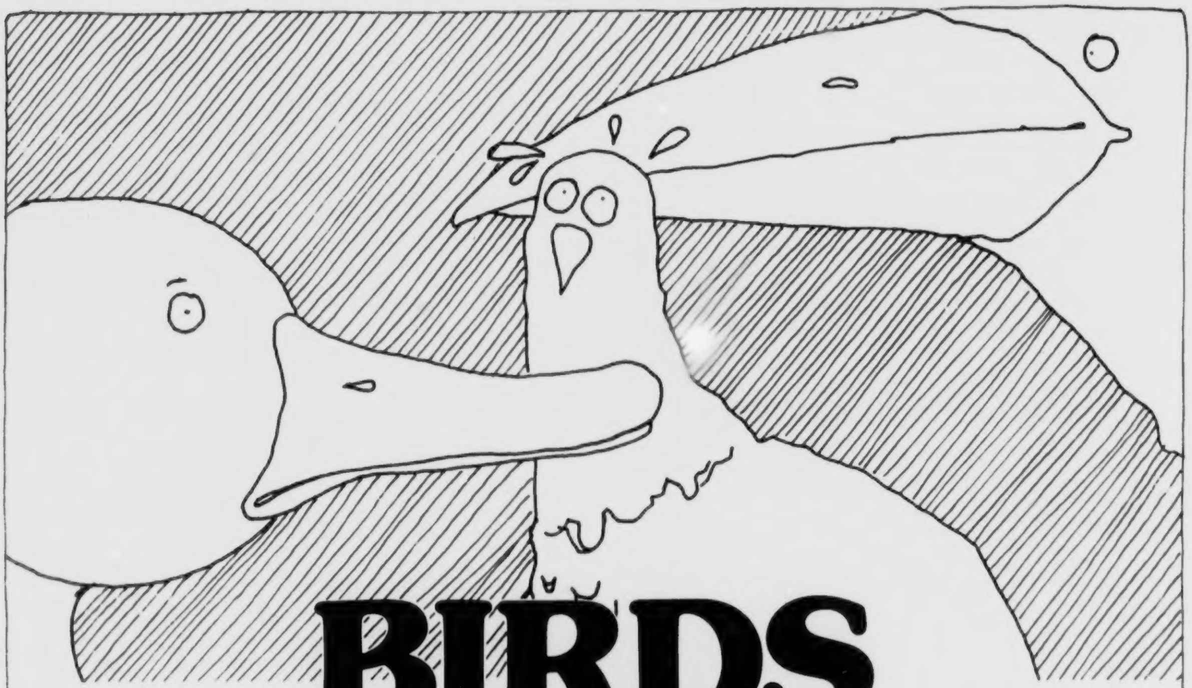
We're going to say it anyway!
We're going to say it anyway!
Amster, Amster, DAM, DAM, DAM!
Amster, Amster, DAM, DAM, DAM!
We're going to say it anyway!

BOOKS

Wish Again, Big Bear, Richard Margolis
The Macmillan Company.
70 Bond Street
TORONTO, Ontario

Nibble, Nibble, Margaret Wise Brown
Addison-Wesley Limited
36 Prince Andrew Place
P.O. Box 580
DON MILLS, Ontario

The Fisherman and His Boat, Louise Floethe
Charles Scribner's Sons.
Distributed by
John Wiley & Sons
22 Worcester Road
REXDALE, Ontario



BIRDS

The people in your community can best show you how to handle northern birds.

Ptarmigan: Use a sharp knife to cut through the skin over the breast bone.

Peel off the skin and feathers.

Chop off the head and feet.

Take out the entrails.

Wash well in salt water and cut into serving pieces.

Game birds may become dry during cooking. Bacon strips across the top will help to prevent this.

Using a stewing method of cooking, or wrapping the bird in greased foil for baking will also help.

Onions, vegetables and lemon juice all add to the flavour. Try adding a little dry onion soup mix inside the foil.

To test for doneness: Birds that are baked usually need approximately 20 minutes for every 450 g of body weight.

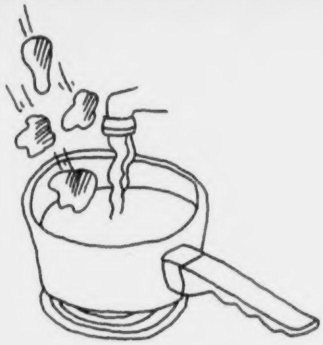
If stuffed, 25 minutes should be allowed.

You should be able to easily pull away the leg or wing from the body when it is ready.

STEWED PTARMIGAN WITH DUMPLINGS

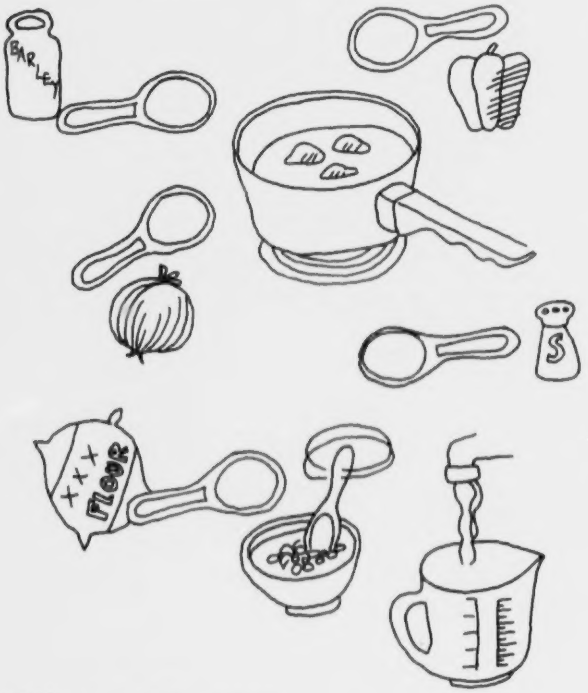
1 ptarmigan gives 2 servings *hot plate*

COVER the pieces of PTARMIGAN with WATER.



ADD, for each ptarmigan,
15 mL dried ONION
15 mL POT BARLEY
5 mL SALT
PEPPER
15 mL GREEN PEPPER (if available)

SIMMER 'til tender (about an hour).



MIX, to make a paste,
15 mL FLOUR (for each ptarmigan)
125 mL cold WATER

ADD to the stew, stirring 'til it is thick.

You can add dumplings, too.

FRYING

hot plate

If the BIRD is small, the BREAST alone is usually fried.

SHAKE in FLOUR, SEASONED with SALT and PEPPER.

BROWN in a little melted FAT.

COVER.

COOK slowly on hot plate or in the oven.

BASIC STUFFING FOR BIRDS

hot plate

BIRD
STUFFING

Use about 250 mL stuffing for each
500 g of bird.

For each 250 mL BREADCRUMBS:

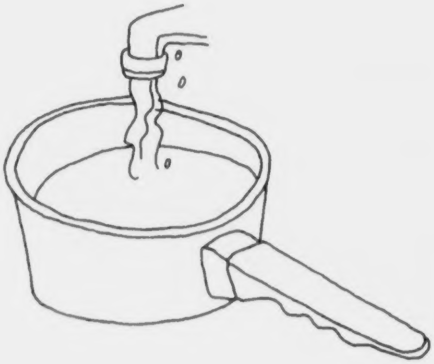
COOK 15 mL chopped CELERY
15 mL chopped ONION
in 5 mL melted MARGARINE or
SHORTENING

ADD 2-5 mL SAGE or ROSEMARY
2 mL SALT
1 mL PEPPER

MIX everything together.

POWDERED
MILK

If necessary, add a few drops of MILK to make it all stick together lightly.



You can add PARSLEY, canned, drained chopped SHELLFISH, chopped SAUSAGE, etc.

Be sure to keep stuffings cold.

Put into the bird just before cooking.

Do not freeze cooked stuffing.

STUFFED CANADA GOOSE

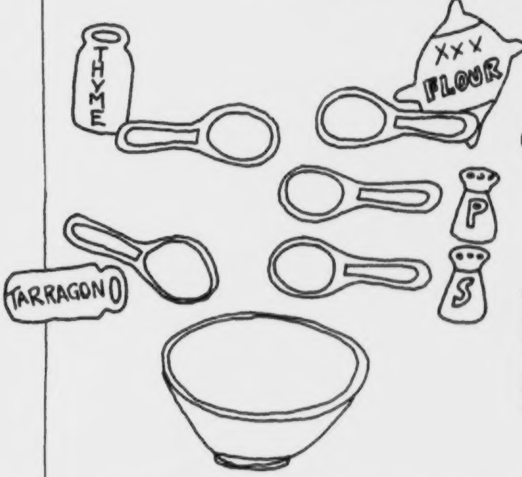
oven

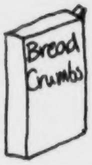
Made in Canada

Pluck and draw (clean) one WILD GOOSE. Then wash with SALT WATER: rinse and pat dry inside and out.

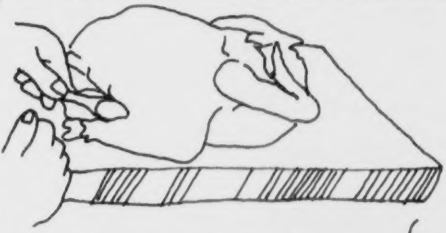
STUFFING:

COOK 100 mL chopped ONION
100 mL diced CELERY
50 mL BUTTER 'til tender.





ADD the COOKED VEGETABLES
2 mL SEASONING
pinch SAVORY, THYME and SAGE (if you have it)
to 750 mL dried BREAD CRUMBS

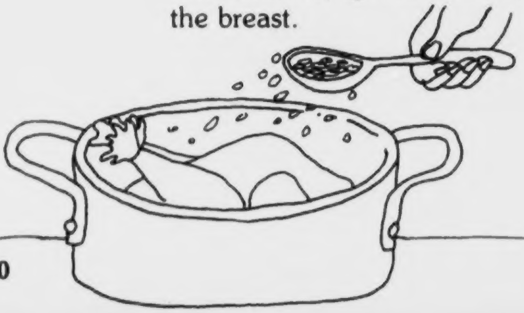


STUFF the cavity with the stuffings and sew it up.

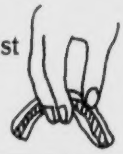
RUB the surface of the bird with 50 mL SALAD OIL.

MIX 5 mL SALT
2 mL PEPPER
60 mL FLOUR
2 mL TARRAGON
1 mL THYME

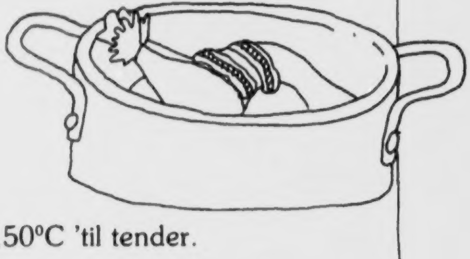
DREDGE the bird with this. If any mixture remains, sprinkle it over the breast.



LAY 6 slices of BACON on the breast (tie in place with string).



PLACE the goose in an uncovered roaster.



ROAST at 150°C 'til tender.

REMOVE the bacon for the last 15 minutes of cooking time, to allow the breast to brown.

ACTIVITIES

Identify birds seen around the community. Find out about their migration habits, nesting habits, etc. Try to encourage protection of endangered species.

Make a graph: Birds we eat. Birds we don't eat.

Collect feathers. Here's how to clean them: 1. Remove large pieces of dirt with your fingers. 2. Soak feathers in cold water overnight. 3. Wash feathers, a few at a time, in warm water and mild soap. Rinse well in warm water and shake dry. 4. Place feathers on paper to dry (in the sun if you can). 5. When dry, you can oil the feathers lightly with your fingers (use unsalted oil).

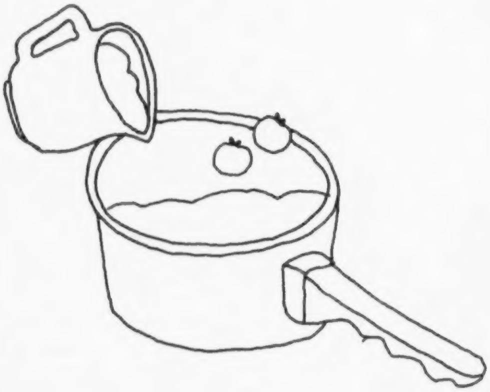
You can dye feathers and use them in a variety of crafts projects. Feather flowers are one idea. You can probably think of many more. Crepe paper dye is good enough if you don't plan washing the feathers.

Make a bird house and feeder — one with a large platform is best if you want to watch the birds. Keep a record of all the birds that visit your feeder

Cone bird feeder: stuff tiny pieces of suet (or fat from meat) into a cone and hang it. Try stuffing with bread, peanut butter, dried fruit, etc., too. Which food do the birds like best?

Make a bird mobile — or one from feathers.

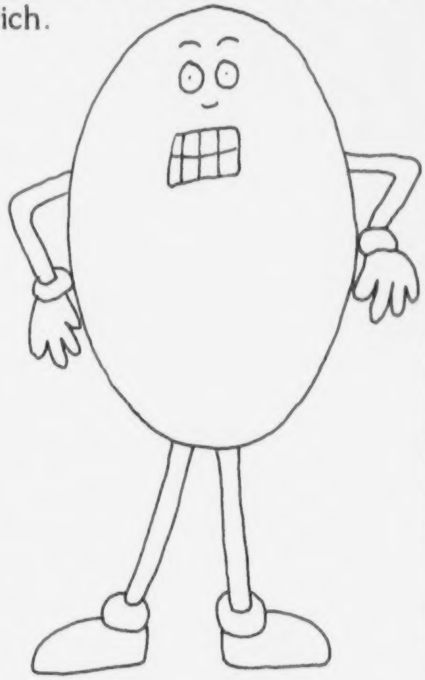
For additional activities, see the EGG and MEAT sections.



EGGS

The hen's egg, fresh or dried, is used most in preparing food.

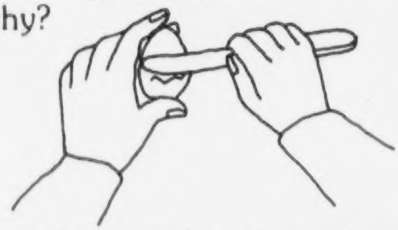
If you catch an Arctic Char or Loche take the eggs out of the fish and freeze them. They are good and tasty to eat, but very rich.



Did you know that a really fresh egg does not float?

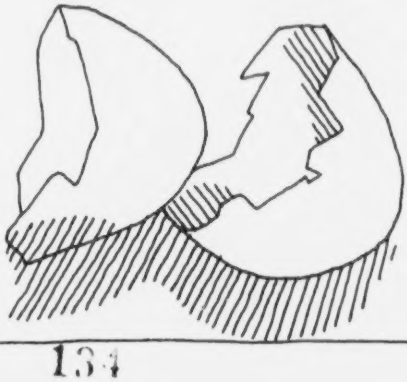
An egg that is not fresh floats because it has an air bubble inside the shell. You can still use a floating egg though.

Did you know that a raw egg will spin but a cooked egg will not? Can you think of the reason why?

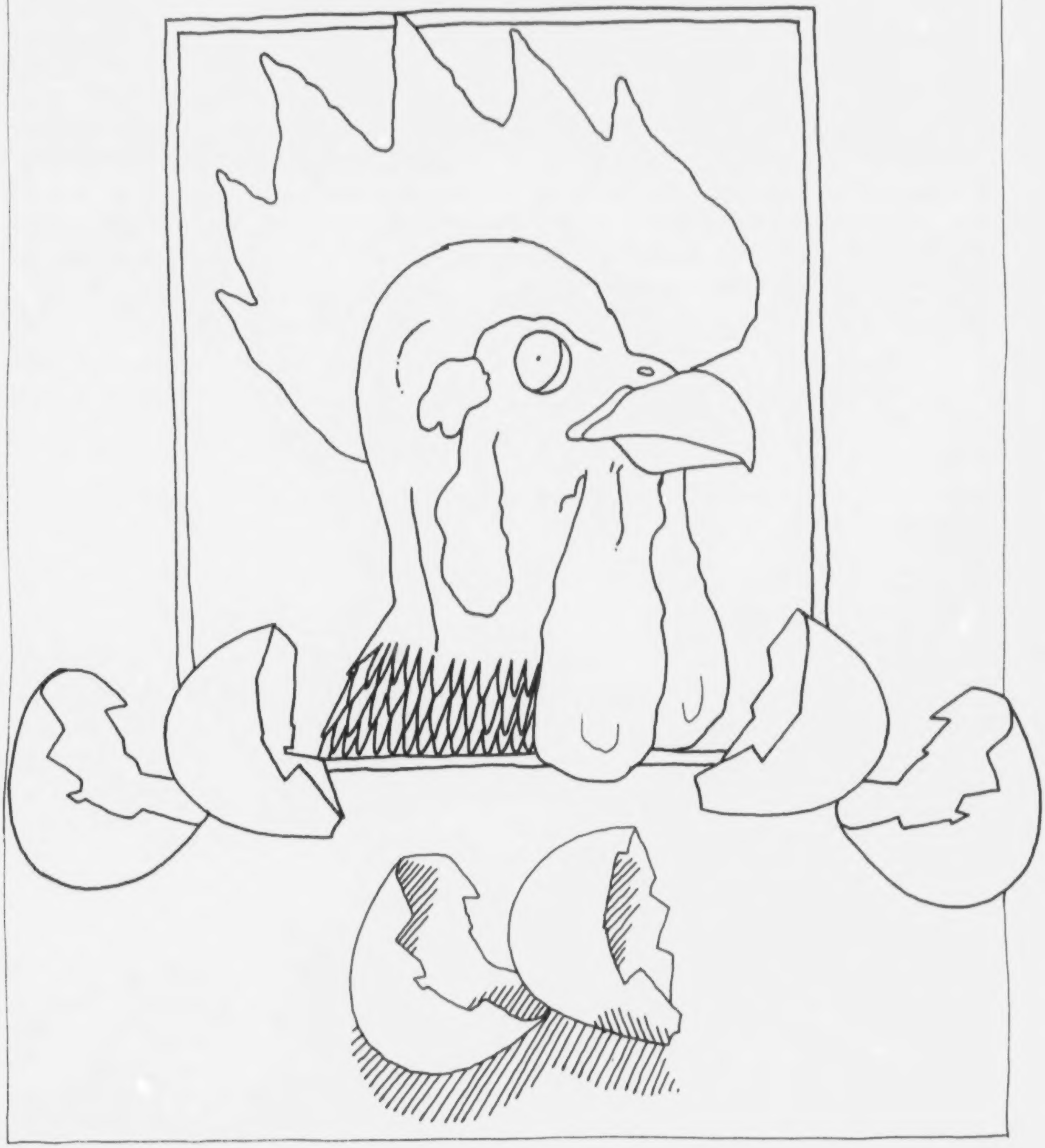


To get an egg out of its shell, hold it in your hand and tap it sharply with a knife; then pull the shell apart using the fingers of both hands. Let the egg drop into a little dish.

Or, of course, you can blow an egg — using a big darning needle, push a hole into each end of the egg and blow.



EGGS

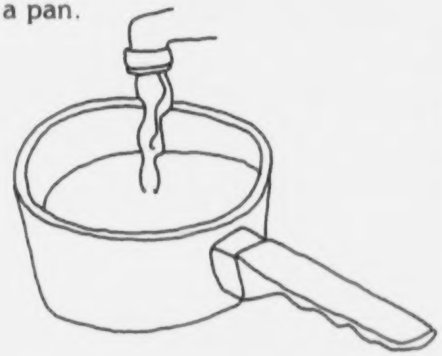


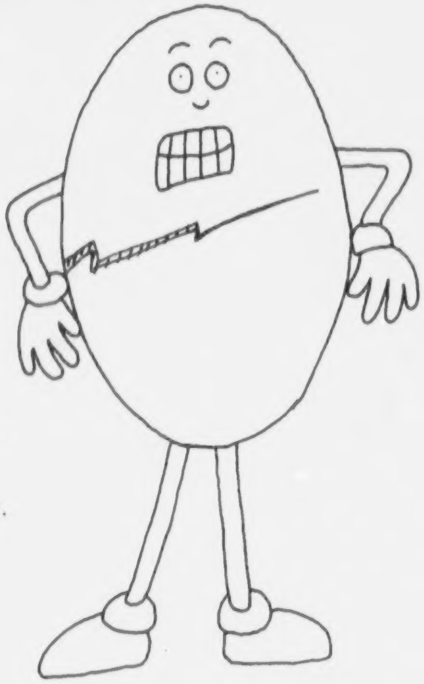
HARD COOKED EGGS

Use 1 per serving

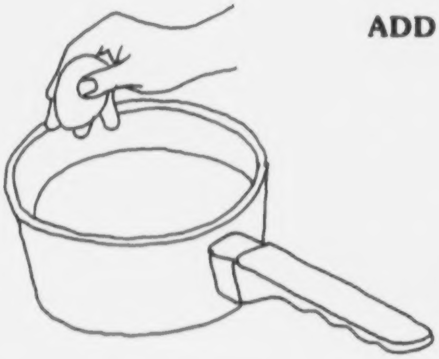
hot plate

PUT cold water in a pan.



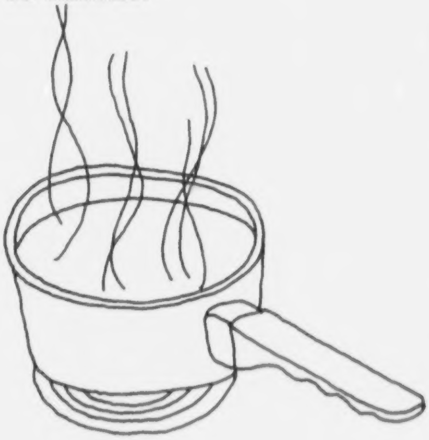


ADD eggs carefully.

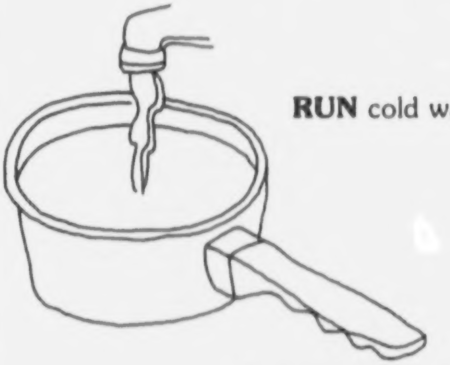


BRING to a boil.

SIMMER for 10 minutes.

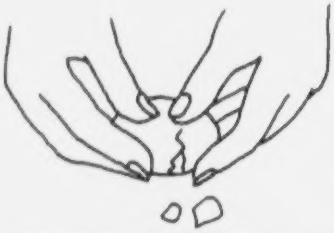


RUN cold water over the eggs.



Remove shells.

Eat with salt and pepper.



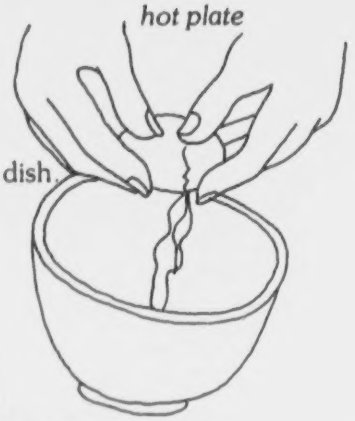
Variation

Add some food colouring and a few drops of vinegar to the water. Then you can use the shells for collage work.

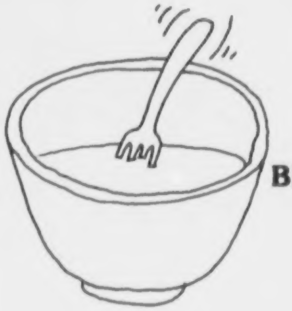
SCRAMBLE AN EGG

Use 1 per serving

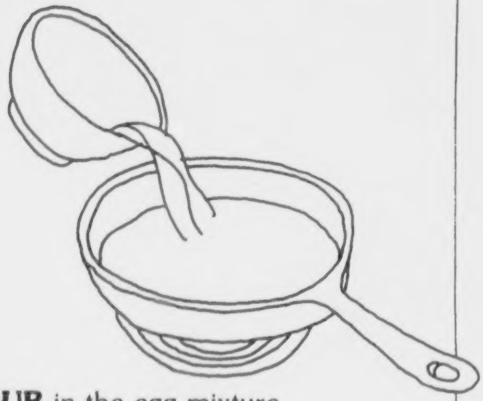
hot plate



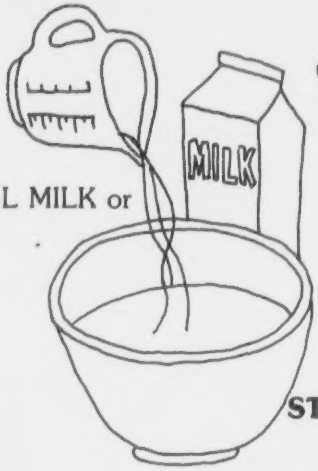
BREAK an egg into a dish.



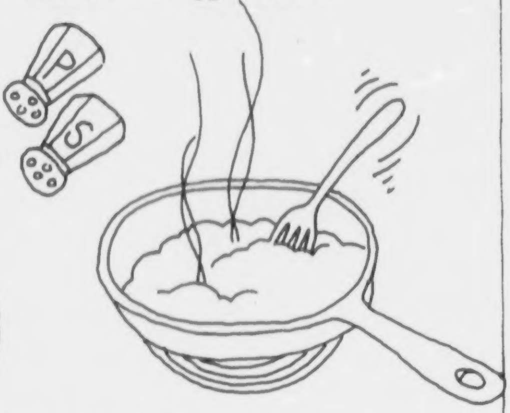
BEAT it with a fork.



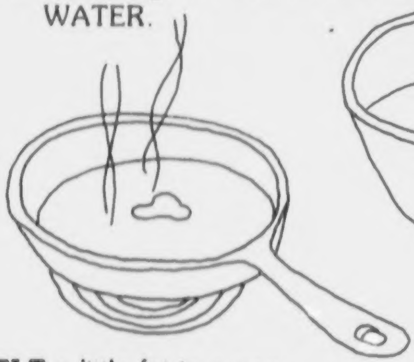
POUR in the egg mixture.



ADD seasoning and 15 mL MILK or WATER.

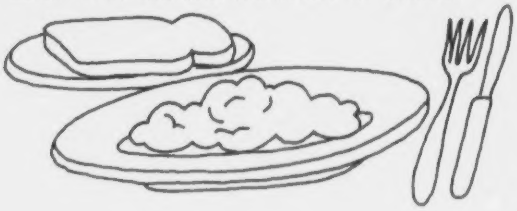


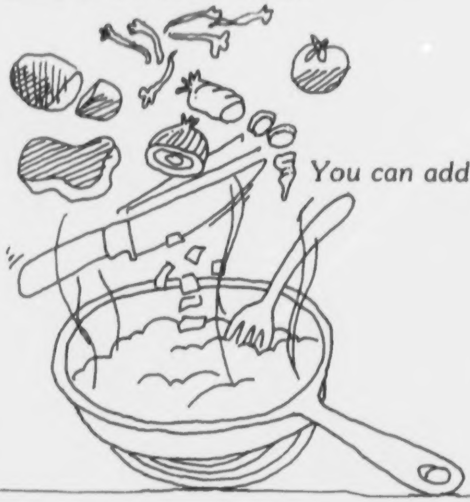
STIR with a fork until the egg is set and creamy.



MELT a little fat in a pan.

EAT with toasted bannock or bread.

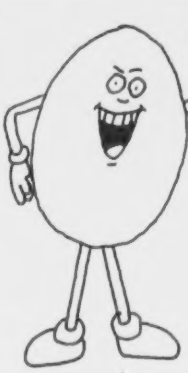




You can add: grated cheese
chopped meat
chopped cooked vegetables
bean sprouts
herbs or spices
EXPERIMENT!

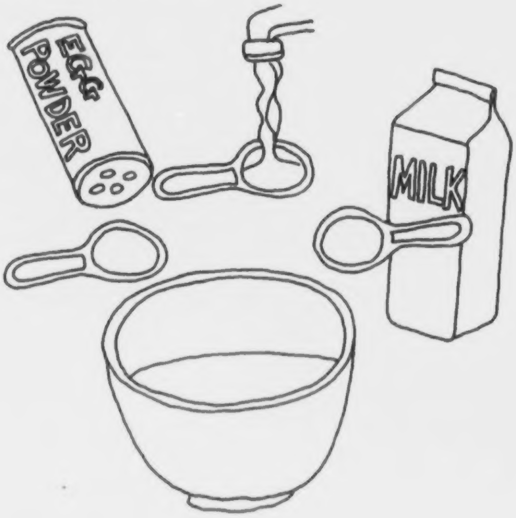
BEST COPY AVAILABLE

YOU HAVE NO EGGS? THEN
SCRAMBLE SOME EGG POWDER.



Each person should

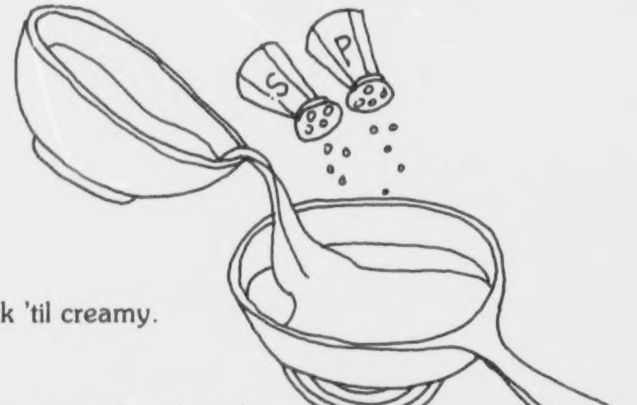
MIX 30 mL EGG POWDER
30 mL MILK
15 mL warm WATER



LET IT STAND for 30 minutes.

MELT a little FAT in a pan.

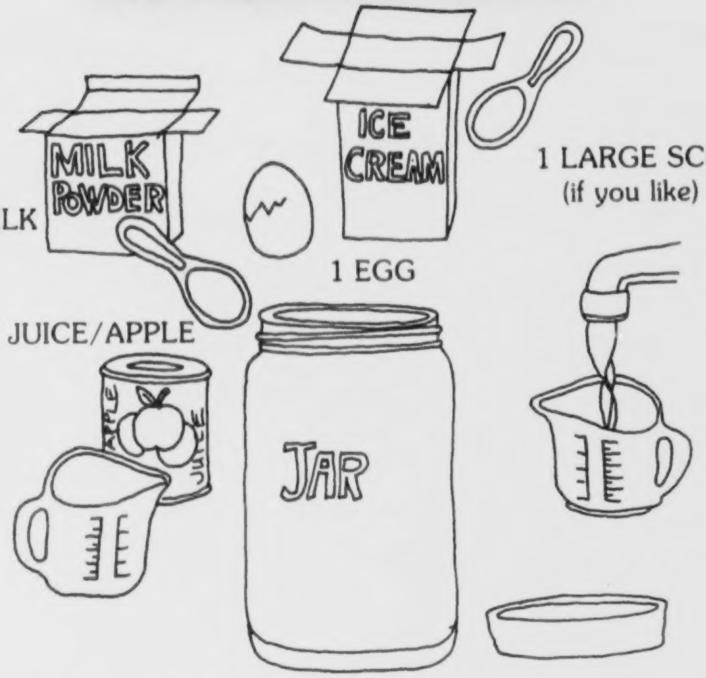
ADD egg mixture
SEASONINGS
FLAVOURING (grated cheese, chopped meat, chopped parsley, chopped onion, etc.)



STIR with a fork 'til creamy.

SERVE on toasted bannock or bread.

EASY EGG NOG


MILK POWDER
ICE CREAM
APPLE JUICE
JAR

30 mL DRIED MILK

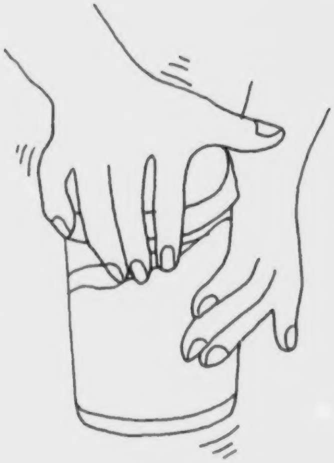
1 EGG

1 LARGE SCOOP ICECREAM
(if you like)

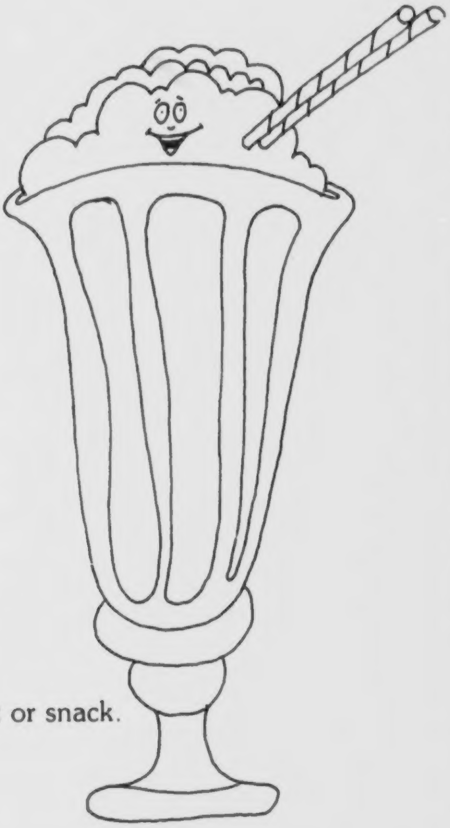
125 mL ORANGE JUICE/APPLE JUICE

100 mL WATER

PUT everything into a jar with a lid.



SHAKE!



Umm...! Good for breakfast or snack.

EGG NOG

1-2 servings *no cooking*

SHAKE WELL	1	EGG, beaten
	250 mL	MILK
	15 mL	HONEY

FLAVOURING (e.g. grated orange rind,
grated lemon rind,
nutmeg)

If you want it very cold, shake it with a little ice.

Here's an idea for egg whites...

Separate the EGG WHITE and YOLK.

Add a pinch of SALT to the egg white and beat it until it is white and stiff and stands in peaks.

In a pan, put 250 mL MILK and heat to boiling.

Drop large dessert spoonfuls of egg white into simmering milk. Cook for 3 or 4 minutes.

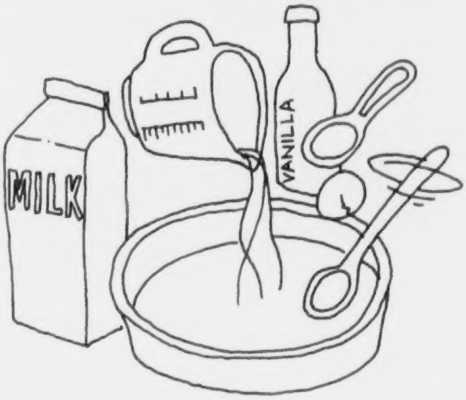
Lift out.

You can add beaten yolk to milk. Add SUGAR and VANILLA to taste, and drink it. You can float the WHITE ISLANDS in custard or eat them as they are. Try colouring them, too.

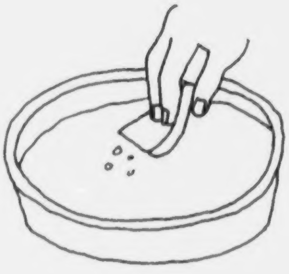
FRENCH TOAST

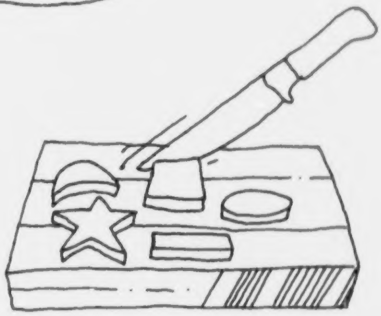
hot plate

MIX in a flat dish
1 EGG, slightly beaten
about 125 mL MILK
VANILLA to taste


MILK
VANILLA

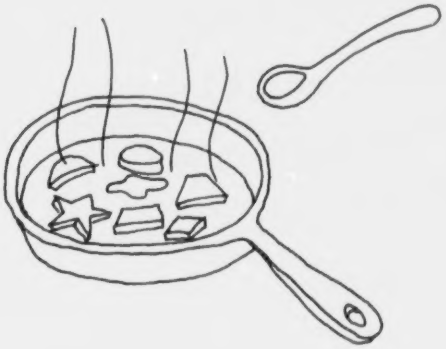
DIP slices of BREAD or BANNOCK in this. (Try making different shapes.)



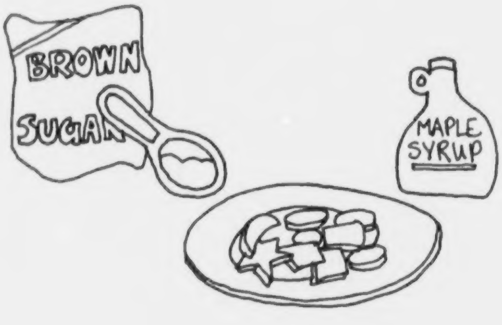


FRY in hot FAT, in a hot pan, 'til brown on both sides.

SPRINKLE with BROWN SUGAR and CINNAMON.



EAT with MAPLE SYRUP or your favourite sauce.

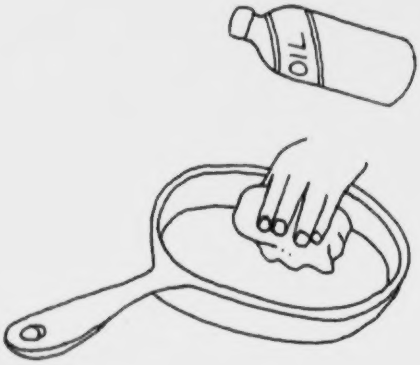

BROWN
SUGAR
MAPLE
SYRUP

GOOD FOR BREAKFAST!

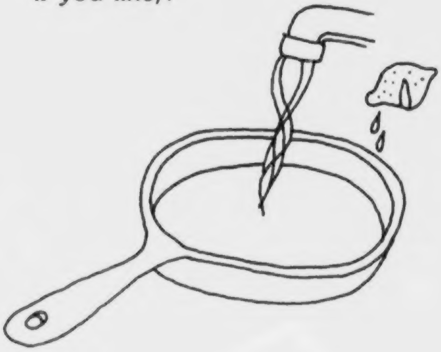
POACHED EGGS

hot plate

OIL the bottom of a pan.

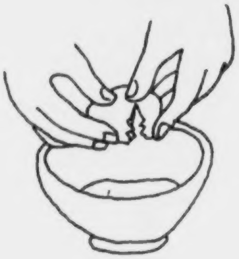


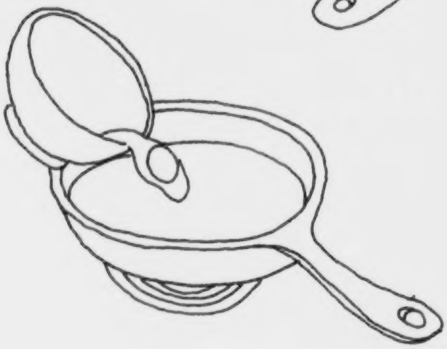
BOIL some WATER in this pan (add 2 mL VINEGAR or LEMON JUICE if you like).



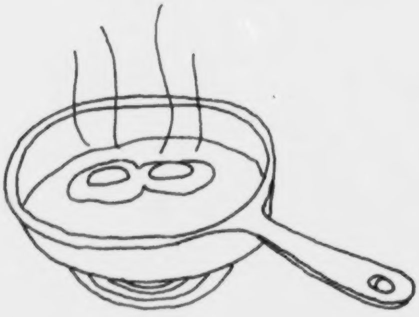
BREAK the EGG in a saucer.

Gently **SLIDE** the egg into the water and **LOWER THE HEAT.**

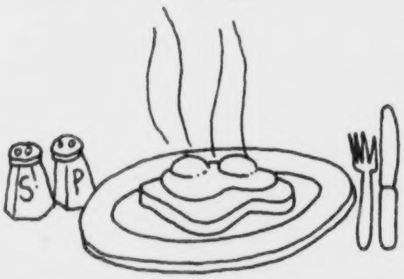




COOK gently for 4-5 minutes, or let it stand aside for 8 minutes.



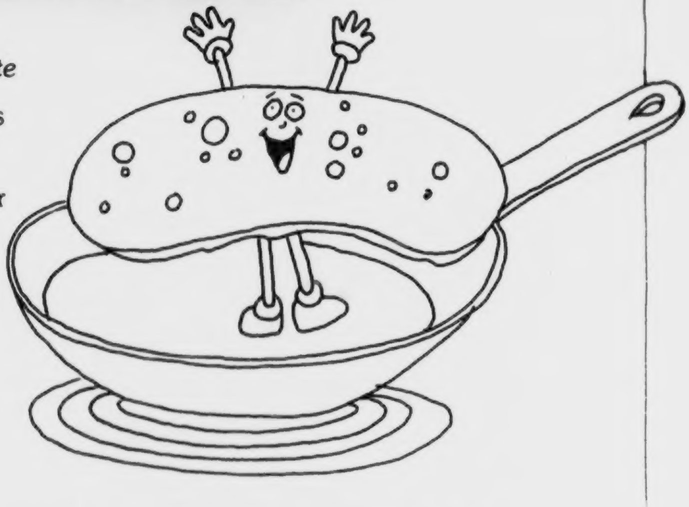
LIFT out the egg.



SERVE on toasted bread or bannock.

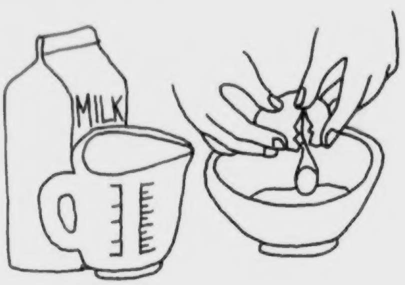
You can serve it in a potato nest if you like (see Vegetable section).

OMELETTES

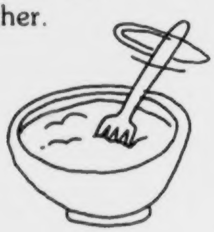


You can use fresh or dried EGGS in this recipe.

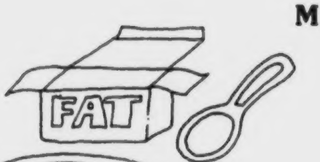
If you like, add 15 mL warm WATER or MILK per EGG.

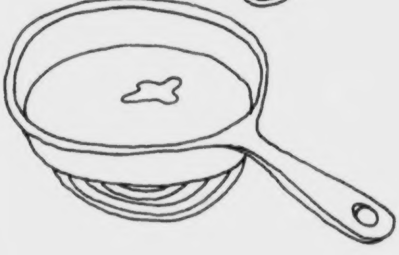


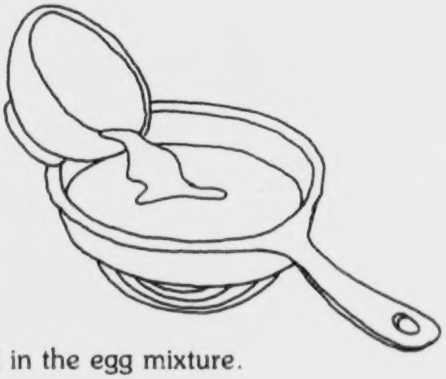
BEAT the eggs in a bowl 'til the yolk and white are just mixed together.



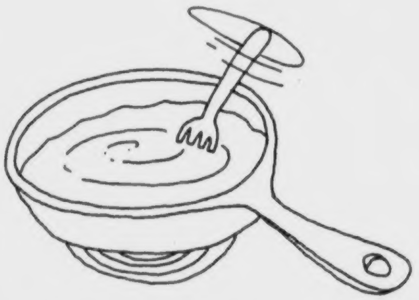
MELT just enough FAT to cover the bottom of the pan. Make it hot, but not burning.







POUR in the egg mixture.



SWIRL it round with a fork, working from the outside to the middle.

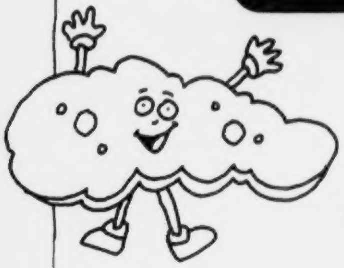
Turn the heat to LOW.

The egg is cooked when it no longer looks shiny and wet in the middle. **DO NOT OVERCOOK.**

FOLD OVER and **SERVE** at once.

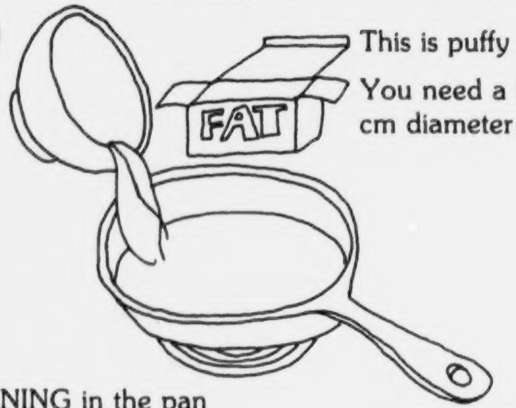
You can put just about anything you like in the middle. Try chopped mushrooms, peas, other vegetables chopped, grated cheese, stewed or canned fruit, jam or jelly.

I'M A FLUFFY OMELETTE



4 servings

hot plate and oven



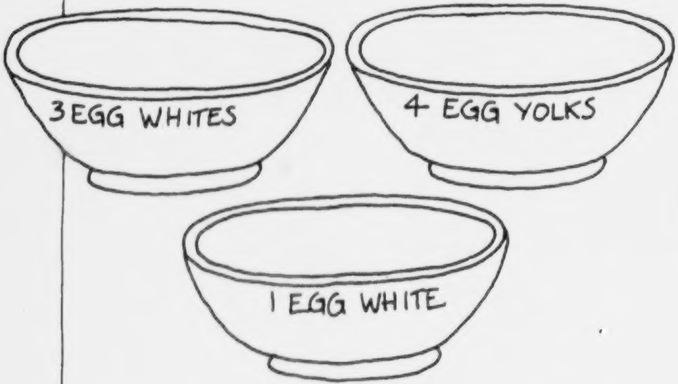
This is puffy and fluffy and oh! so big.

You need a heavy iron skillet, about 20 cm diameter.

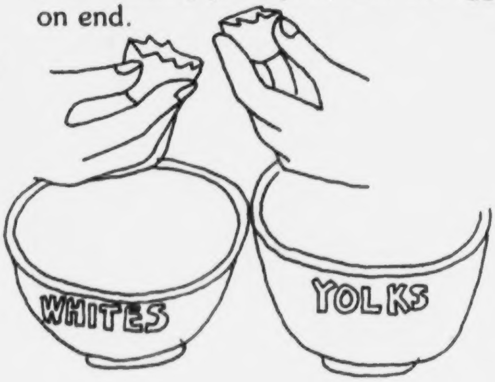
Put 45 mL SHORTENING in the pan and make it hot.

Separate 4 EGGS in the following way:

three egg whites
four egg yolks
one egg white

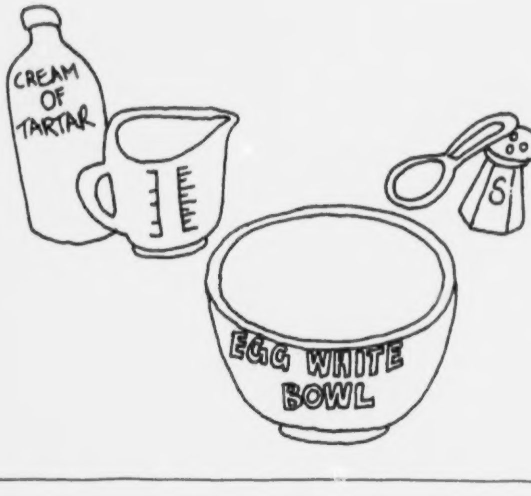

3 EGG WHITES
4 EGG YOLKS
1 EGG WHITE

Hold the EGG in the palm of your hand and with a knife sharply tap across the egg. Hold each side of the egg between the fingers, put your thumbs into the crack. Gently pull open, turn the egg up on end.


WHITES
YOLKS

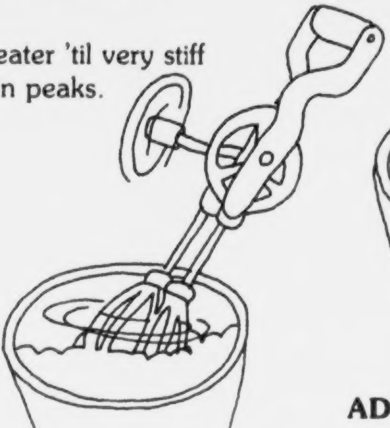
The egg white will begin to fall out, leaving the yolk in one part of the egg shell.

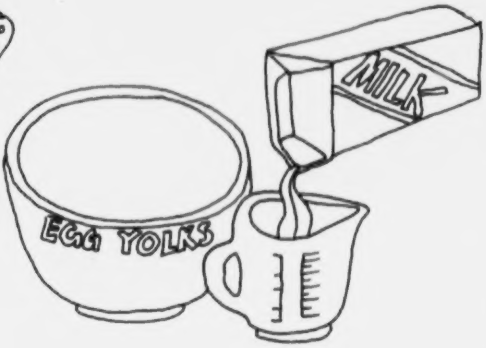
Gently move the egg yolk over to the other part of the shell, allowing the white to fall out. Be sure that no egg yolk gets into the white because the egg whites will not beat up.


CREAM OF TARTAR
S
EGG WHITE BOWL

PUT into the 3 egg whites
1 mL CREAM OF TARTAR
1 mL SALT

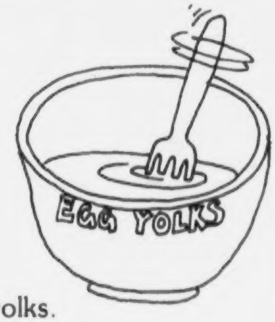
BEAT with an egg beater 'til very stiff and standing in peaks.

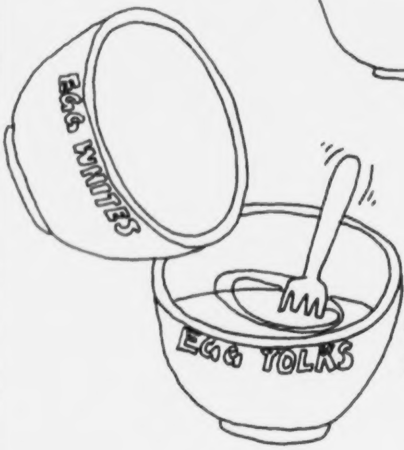




ADD to the egg yolks 50 mL MILK.

BEAT 'til fluffy.



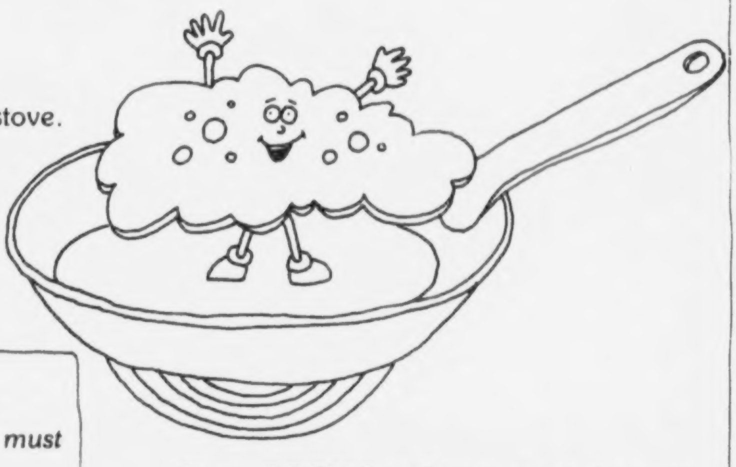


ADD the egg whites to the egg yolks.

MIX by gently turning the mixture over and over.

POUR into the hot FAT.

COOK 5 minutes on top of the stove.



MINI-LESSONS

Being able to separate eggs is a must for this recipe.

Being able to beat egg whites is also important — try making some meringues or islands (see earlier in this section) before attempting this omelette.

Then, **COOK** for 10 minutes in the oven at 200°C.

It should be light brown.

FOLD OVER.

SERVE with fruit or tomato sauce.

SOME WAYS TO COLOUR EGGS

1. Put drops of FOOD COLOURING in boiling WATER before adding EGGS. A few drops of VINEGAR will help to fix the colour.
2. Wrap dried brown (or red) ONION SKINS around the egg. Wrap a piece of thin COTTON FABRIC around and then very carefully wind COTTON THREAD around and around.

   Use a little pin to fix the end.

   Put a few drops of VINEGAR in the water to fix the colour. Cook 'til hard (about 20 minutes). Run cold water over the egg. Unwrap.
3. First blow the EGG. Soak COLOURED YARN in GLUE, then wrap it around the shell. Leave aside to dry.
4. Blow the EGG. **PAINT** the shell or colour with FELT TIPPED PENS.

ACTIVITIES

Egg yolk paint: Blend one egg yolk with 1 mL water. Divide into two or three small containers and add food colouring to each. Paint cookies with it before baking them.

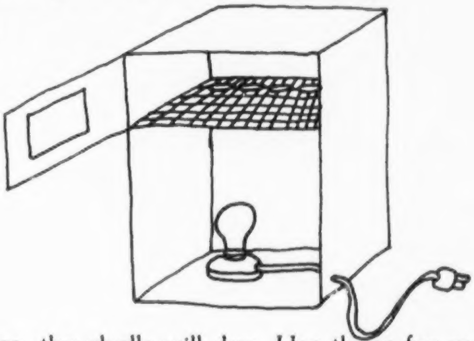
Beat egg whites and try dissolving them in water. What happens? Observe the particles through a hand lens.

Look at films, pictures, etc. to study the nesting habits of birds. Compare size, colour, number, location, etc. of the eggs.

In the spring, look for birds nests around your community. Look at the eggs, but **DON'T TOUCH.**

Fertile hen eggs can be purchased from most science companies. Why not order some and hatch them. You can buy a small incubator, or make your own. Here's one way:

Materials: wooden box (45 cm x 15 cm x 75 cm)
thermostat (from an old water heater)
3 litre can
electrical wire, socket, bulb and plug
thermometer
screening (45 cm x 15 cm)
glass or plastic for window
2 hinges
hook and eye catch



If you add colouring to the water when boiling eggs, the shells will dye. Use these for mosaic work.

BOOKS

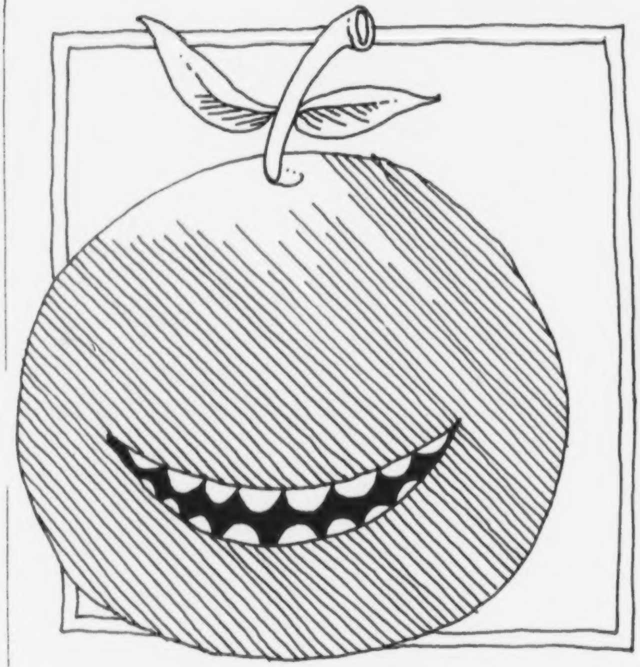
Scrambled Eggs Supper, Dr. Seuss
Random House of Canada Limited
370 Alliance Avenue
TORONTO, Ontario

Green Eggs & Ham, Dr. Seuss
Random House of Canada Limited
370 Alliance Avenue
TORONTO, Ontario

Horton Hatches The Egg, Dr. Seuss
Random House of Canada Limited
370 Alliance Avenue
TORONTO, Ontario

The Wonderful Egg, G. Warren Schloat
Charles Scribner Sons. Distributed by
John Wiley & Sons Canada
22 Worcester Road
REXDALE, Ontario

For additional activities, see BIRD section.



FRUIT

Use fresh fruit whenever possible. Otherwise, dried or unsweetened canned or frozen are best.

Fruit juice is also best in its natural state. However, unsweetened canned or frozen is good.

Before squeezing oranges, lemons or grapefruit, roll them on a table to soften them.

When squeezing fruit, set the juicer on a damp cloth to prevent it from slipping.

When cutting fruit, cut across it. Make a tunnel with your hand by placing your thumb on the little black spot at one end and a finger where the stalk was. This is a safe way for cutting.

Dried fruit: prunes, raisins, currents, apples, apricots, peaches, figs, pears, dates...

These fruits are good to eat as a snack.

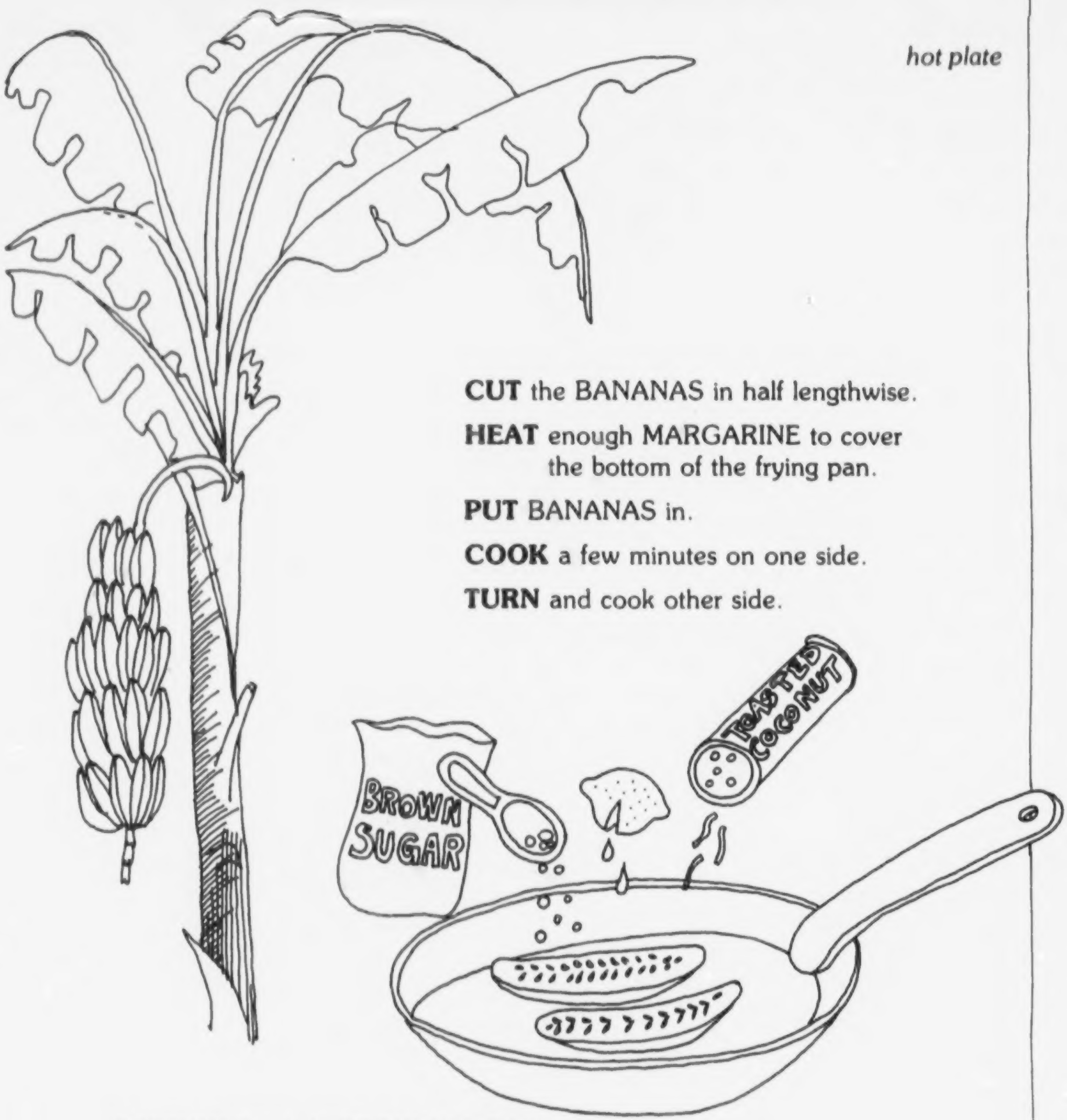
You can stuff them with cream cheese or peanut butter.

Soak the dried fruit in enough water (or apple juice) to cover them 'til they are plump. Simmer slowly 'til the fruit is soft. You can add a few drops of lemon juice or cinnamon to taste.

A mixture of prunes, apples and raisins is good for any meal.

FRIED BANANAS

hot plate



CUT the BANANAS in half lengthwise.

HEAT enough MARGARINE to cover the bottom of the frying pan.

PUT BANANAS in.

COOK a few minutes on one side.

TURN and cook other side.

SPRINKLE a little BROWN SUGAR over the BANANAS before taking them out of the pan.

SPRINKLE a few drops of LEMON or ORANGE JUICE over them.

SERVE.

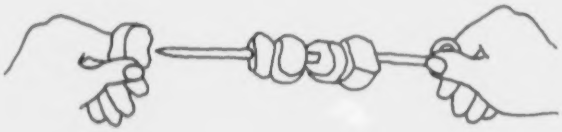
Toasted coconut is also good on fried bananas.

KEBABS

no cooking or broiler

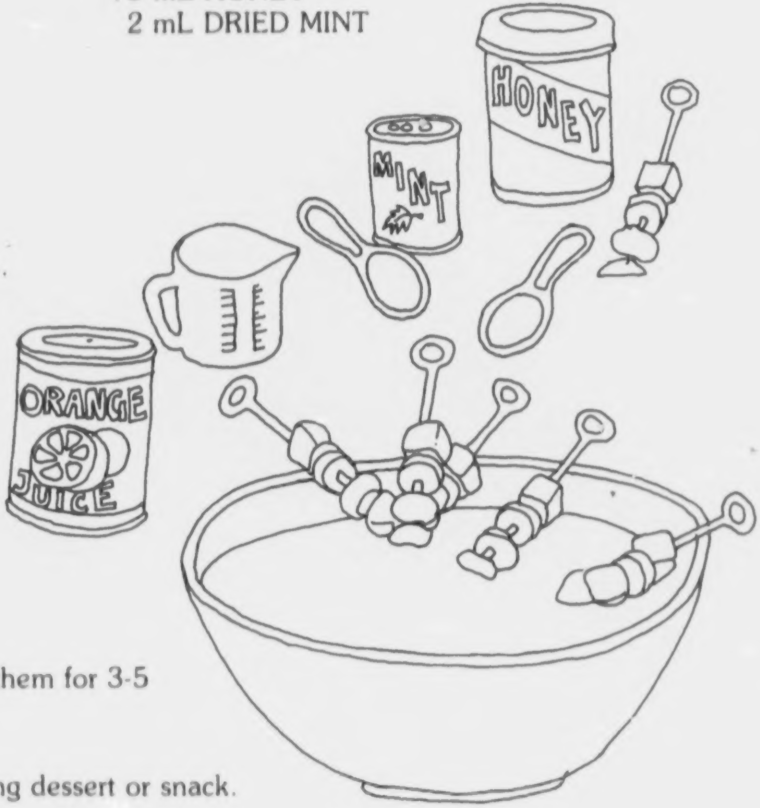
CUT fruit in bite-size pieces —
PEACHES, PINEAPPLE, APPLES,
BANANAS, GRAPEFRUIT,
PRUNES...

PUT them on a long skewer.



SET them in a mixture of
250 mL ORANGE JUICE
75 mL HONEY
2 mL DRIED MINT

TURN them.



If you have a broiler, broil them for 3-5 minutes.

Makes an interesting dessert or snack.

If you cook them, use metal skewers. Otherwise wooden or plastic skewers will do.

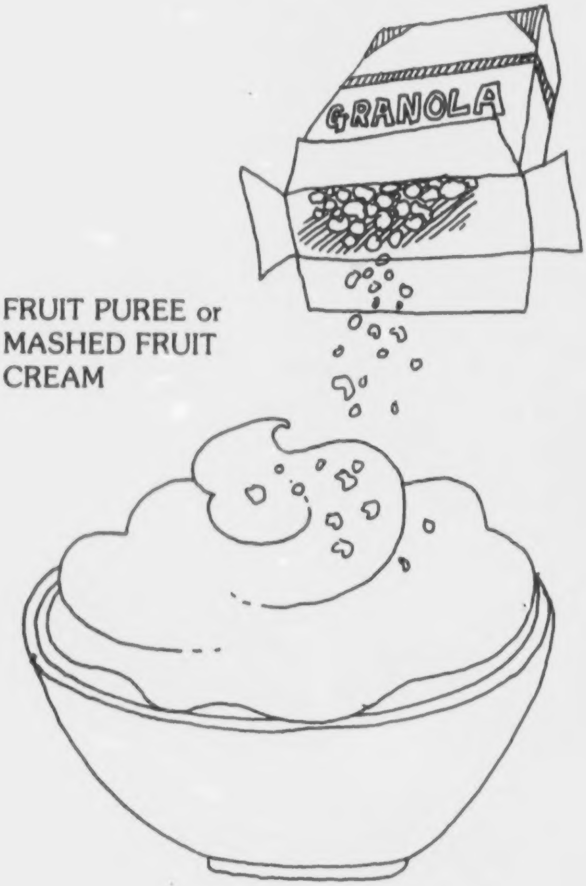
Try knitting needles.

FRUIT FOOLS

4-6 servings *no cooking*

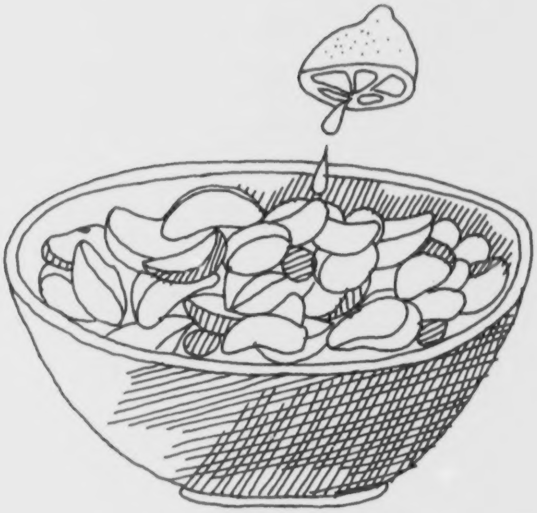
You can use canned APPLE SAUCE and DREAM WHIP if you don't have fresh FRUIT and CREAM.

MIX 250 mL FRUIT PUREE or
MASHED FRUIT
250 mL CREAM



SPRINKLE with GRANOLA.

FRUIT SALAD



Allow 125 mL per serving *no cooking*

Gather as many different fruits as you can — APPLES, BANANAS, ORANGES, PEACHES, PINEAPPLES, GRAPES, CHERRIES, APRICOTS...

use fresh, canned or dried fruit.

DICE the fruit.

SPRINKLE apples, bananas and peaches with LEMON JUICE to prevent browning.

MIX everything together, using some of the juices.

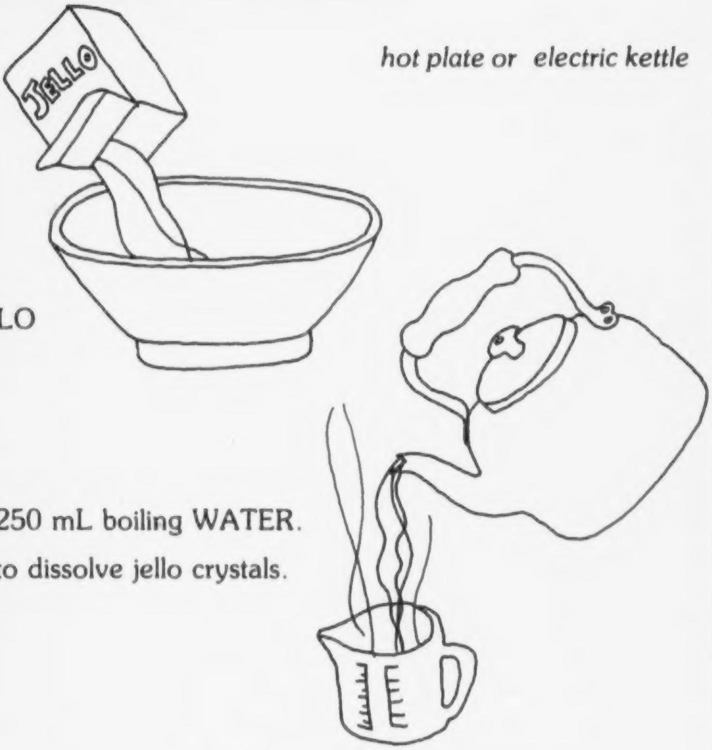
Yoghurt is very good with fruit salad. So is cheese.

EVERYONE CAN MAKE THEIR OWN.

JELLO WITH FRUIT

6-8 servings

hot plate or electric kettle

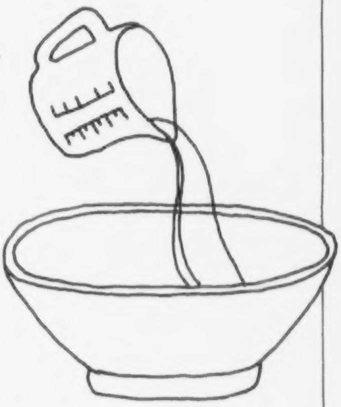


PUT a small package of JELLO POWDER in a bowl.

ADD 250 mL boiling WATER.

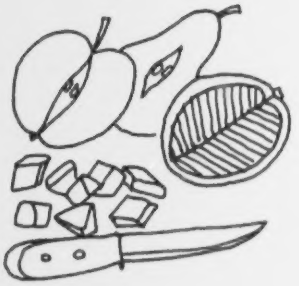
STIR to dissolve jello crystals.

ADD 125 mL COLD LIQUID (use either some, or all, fruit juice).



LET SET.

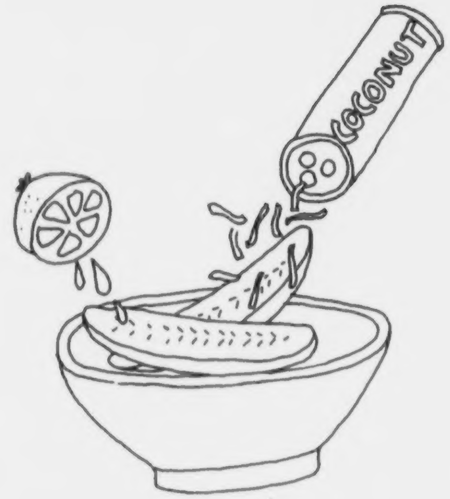
When jello is like egg white, **ADD** 500 mL drained, chopped FRUIT.



CHILL about 4 hours.

AMBROSIA

no cooking



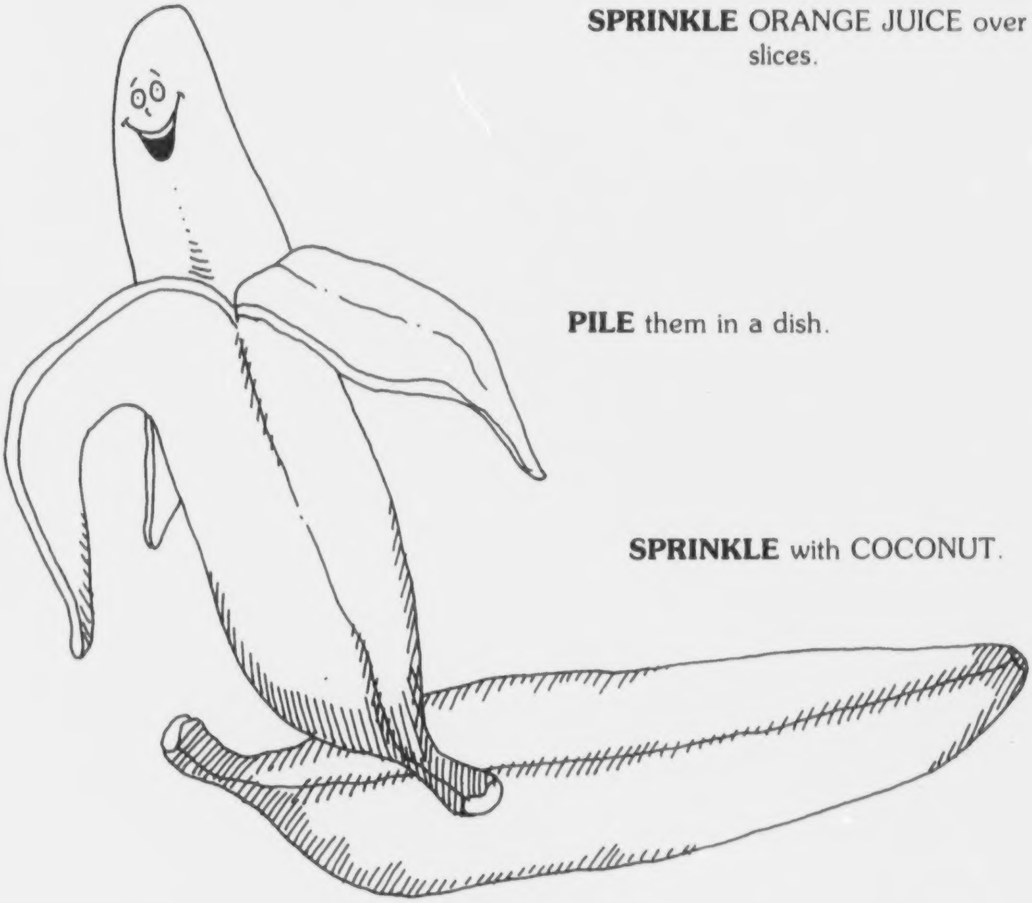
SLICE BANANAS.

You can make patterns by running a fork down the length of the BANANA.

SPRINKLE ORANGE JUICE over the slices.

PILE them in a dish.

SPRINKLE with COCONUT.

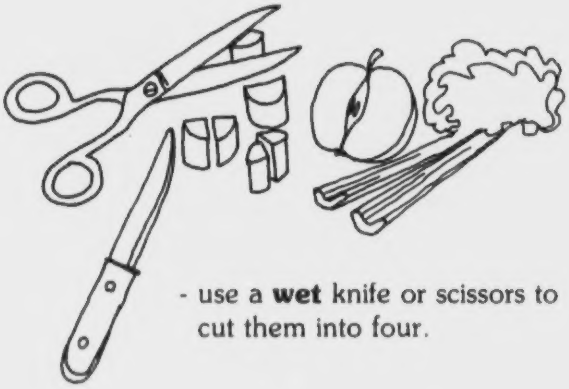


WALDORF SALAD

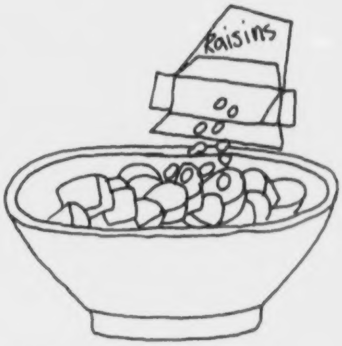
Allow ¼ apple and ½ stalk celery per serving (125 mL)

no cooking

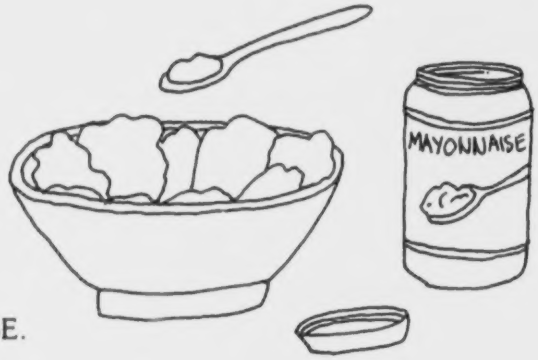
CHOP APPLES
CELERY
WALNUTS
MARSHMALLOWS (optional)



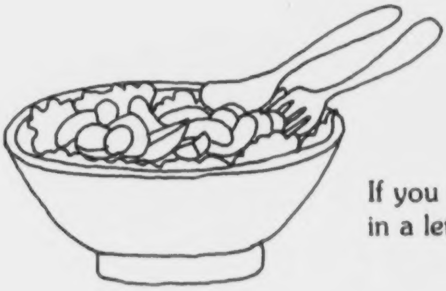
- use a **wet** knife or scissors to cut them into four.



ADD RAISINS



MIX with MAYONNAISE.



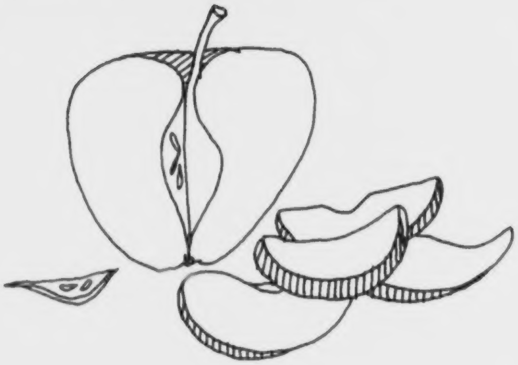
If you have any lettuce, serve this salad in a lettuce leaf cup.

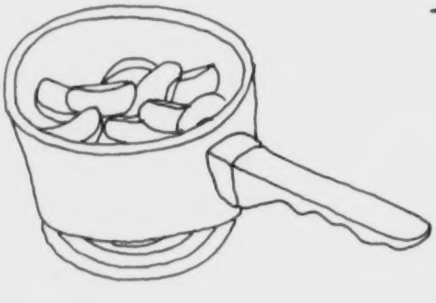
APPLE SAUCE

3 servings *hot plate*

Use MACKINTOSH APPLES.

You'll need 1 litre prepared apples to make 250 mL apple sauce.





WASH and **CUT** the apples into 4.

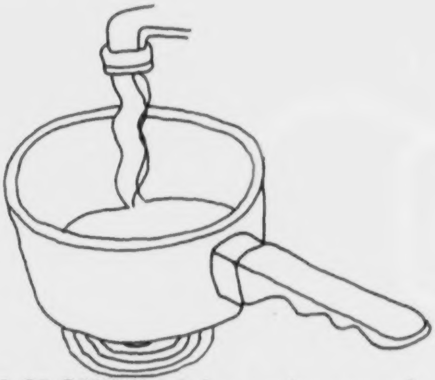
CUT into slices.

PUT into a pot.

ADD enough WATER to just cover the bottom of the pot.

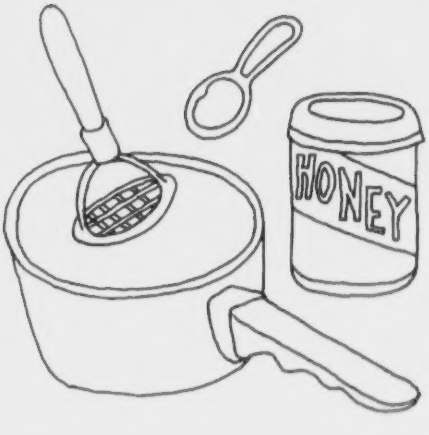
Be careful apples don't stick and burn.

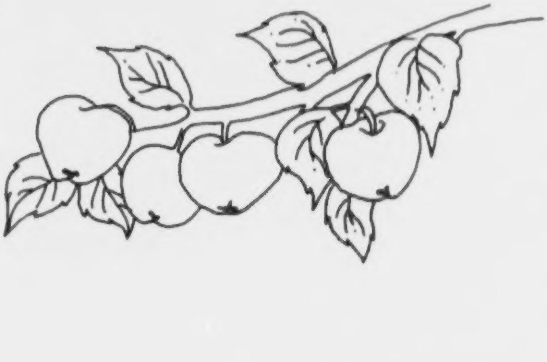
COVER.



COOK SLOWLY 'til the apples are soft (a fork will slide in easily).

PUT through a sieve to remove CORES and SKINS.





ADD a little HONEY or SUGAR and CINNAMON.

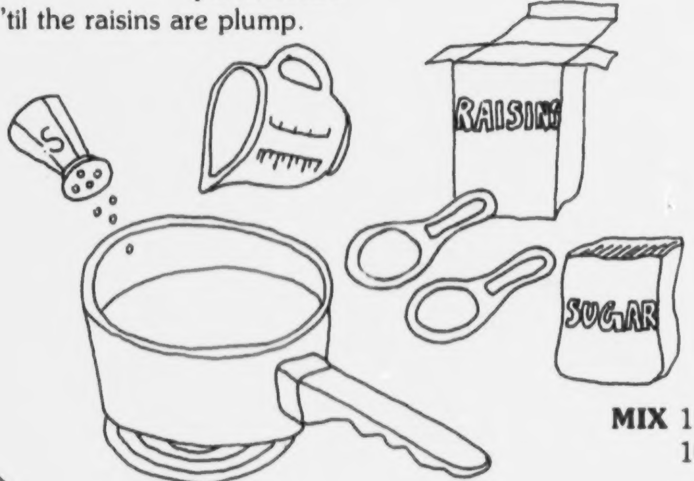
MASH with a fork.

You can use dried apples, but soak them first.

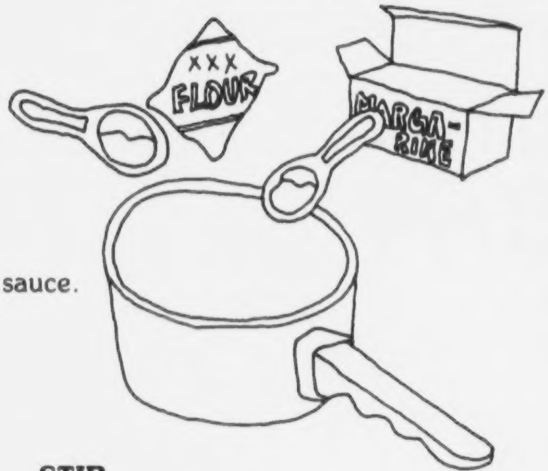
RAISIN SAUCE

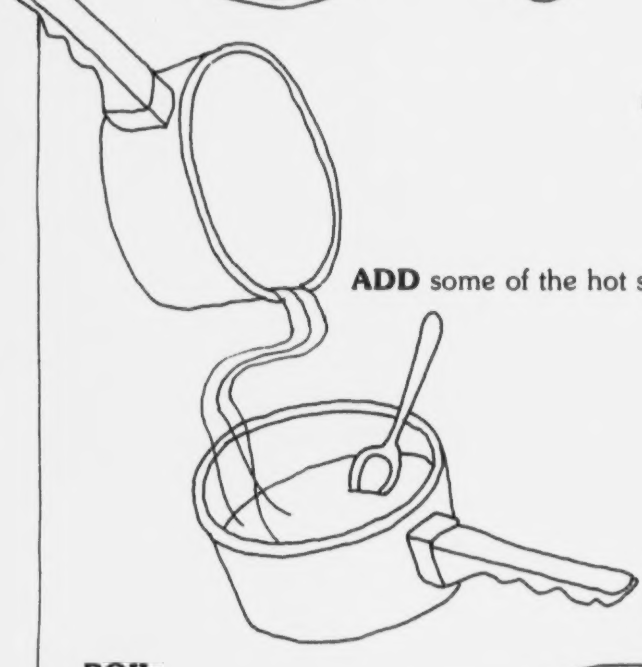
6-8 servings *hot plate*

BOIL together 375 mL WATER
125 mL RAISINS
50 mL SUGAR
pinch SALT
'til the raisins are plump.



MIX 15 mL melted MARGARINE
10 mL FLOUR or CORNSTARCH





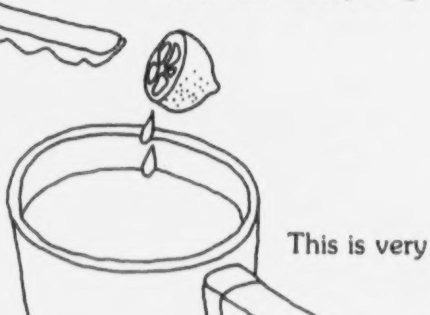
ADD some of the hot sauce.

STIR.

then **MIX** everything together.

BOIL.

ADD a little LEMON JUICE or
NUTMEG.

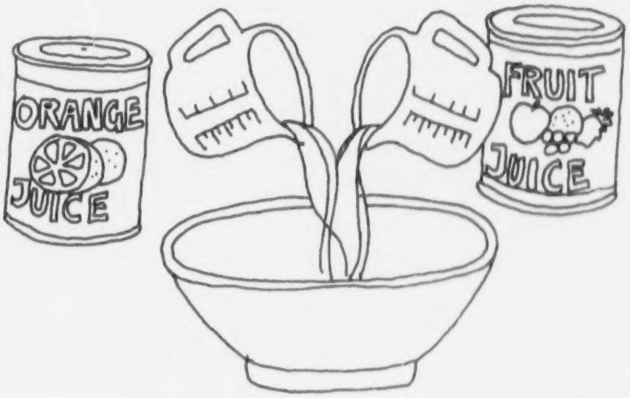


This is very good over bannock,
cake or tea biscuits.

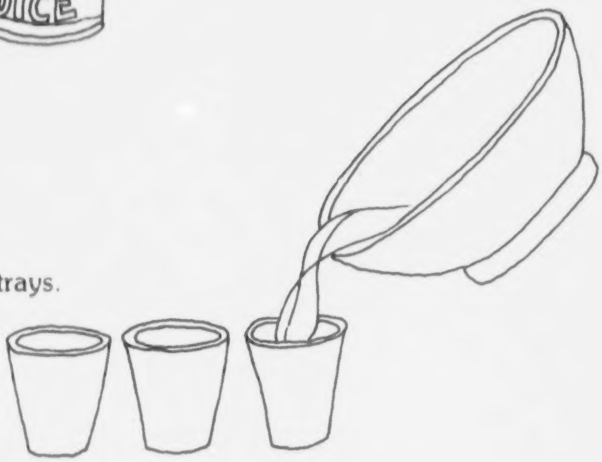
FROZEN POPSICLES

Makes 4 *no cooking*

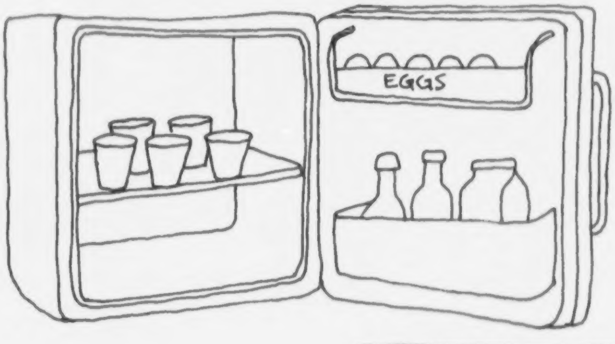
MIX 250 mL SWEETENED FRUIT PUREE (baby food will do).
125 mL ORANGE JUICE (unsweetened)


ORANGE JUICE
FRUIT JUICE

PUT in paper cups or ice cube trays.

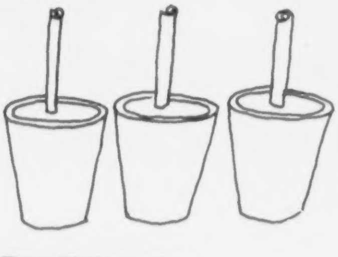


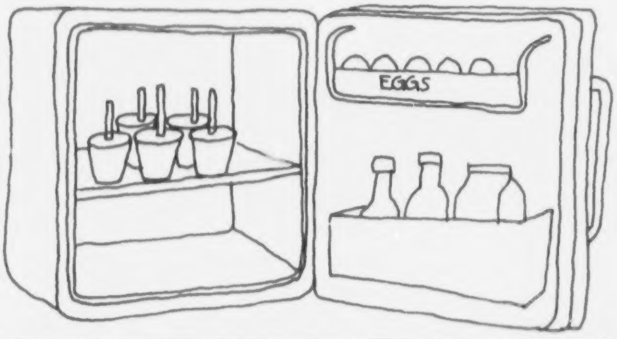
When partially frozen, insert a rolled paper handle in each popsicle.



Variation

Try a variety of puree and juice combinations.



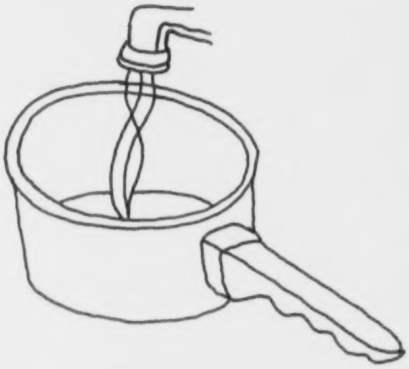


STEWED FRUIT

hot plate

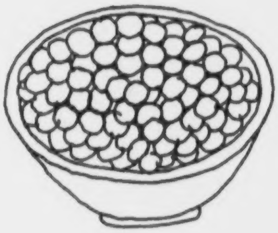
Collect fresh BERRIES whenever you can.

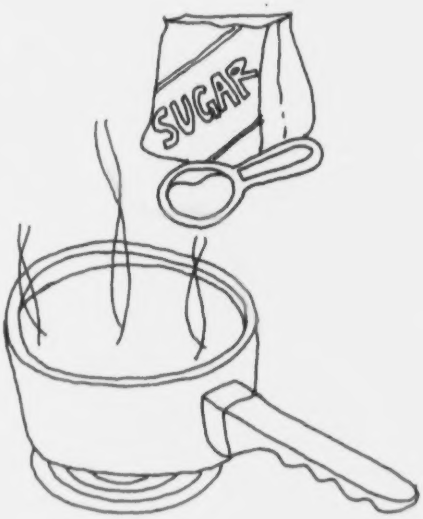
If you have more than you can use at one time, stew some.

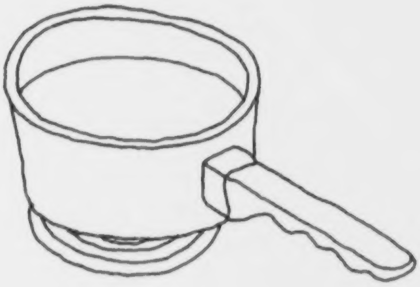


WASH the fruit.

BOIL in enough WATER to just cover the fruit (add a little SUGAR to the water to make a syrup).







COOK GENTLY 'til tender.

Store stewed fruit in air tight containers and it will last for quite a long time.

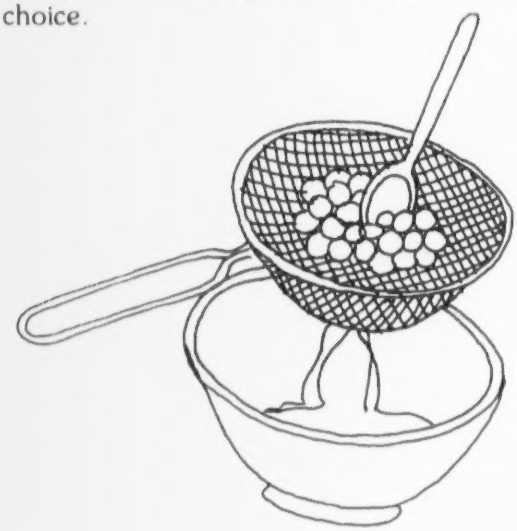
If you have lots of fresh berries, put them into bags or foil wrap and freeze them.

They'll be a special treat in winter time.

MIXED BERRY ICE

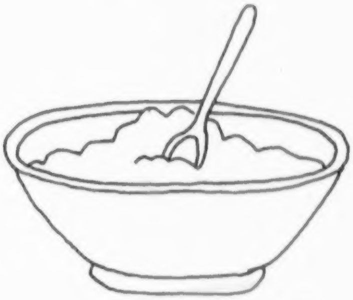
no cooking

use equal quantities of ASSORTED BERRIES, according to availability or choice.

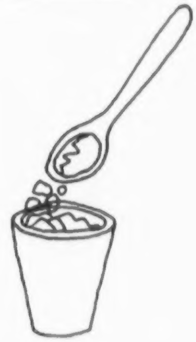


CLEAN and **PREPARE** the berries. Discard those with green or soft spots.

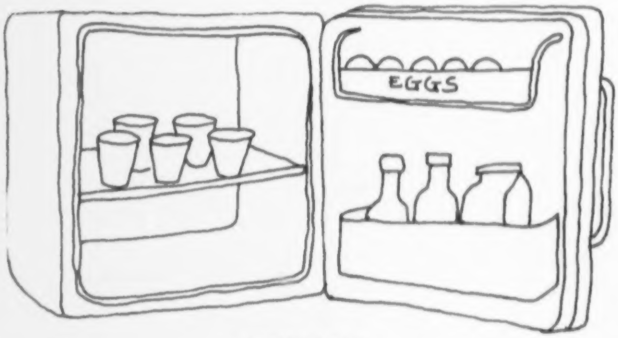
FORCE the berries through a strainer.



SWEETEN with SUGAR or CANNED FRUIT JUICE.



PACK into individual containers (PAPER CUPS or FOIL shaped into cups are good).



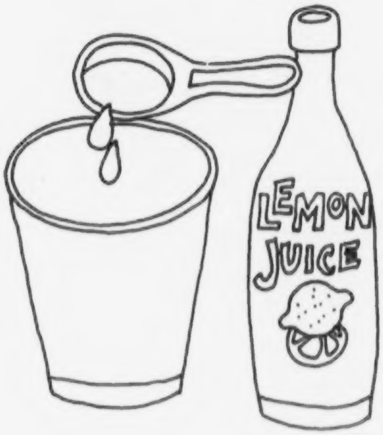
FREEZE.

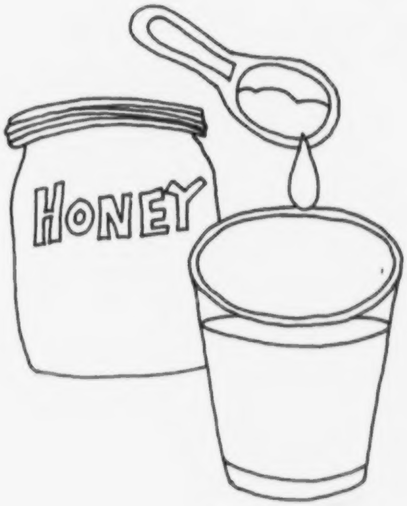
TO SERVE, allow the ICE to thaw slightly 'til mushy.

If you want to stretch the quantity, add some water to the berry mixture.

LEMONADE

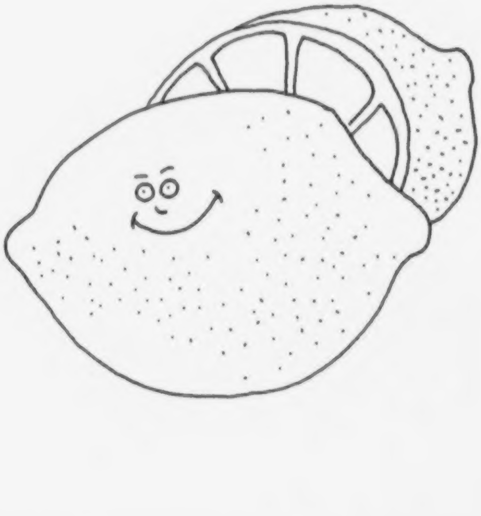
MAKE A SYRUP using HONEY and enough WATER to dissolve it.


LEMON
JUICE



ADD canned or bottled LEMON JUICE to taste.

ADD FOOD COLOURING if you want it pink.



ACTIVITIES

What is a fruit? Some vegetables are fruits. Can you name some?

Cut open some fruit and look at the seeds. Can you guess how many seeds there are?

Save the seeds and try growing them.

Thread some to make a necklace.

Go to the store. What fruits can you buy fresh, canned, frozen and dried? Compare prices and the additives in the processed kinds.

Note other foods in which fruit is used — e.g. cakes, cookies, juice, piefilling...

How does fruit come to your community? Look at films, pictures, etc. of fruit growing, being picked, packed, processed and transported. Discuss climatic conditions necessary for growing different kinds of fruit. Look at a map to see where in Canada and elsewhere the fruit you eat is grown.

Peel, core and slice an apple. Hang the pieces to dry. When dry, compare the taste, colour and texture with that of fresh apples. Look at other dried fruits — raisins, apricots, prunes, etc. and compare with the fresh fruit. Encourage the use of dried fruits for snacks.

Some seeds are good to eat. (Sunflower, pumpkin, poppy, sesame, caraway...) Encourage the use of seeds in cooking and as snacks.
Draw, collect pictures, take photos of fruit. Sort any way you want. Make charts/scrap books.

Carve an apple. Peel and core an apple. Now carve a face into it. Push pins or tacks in for the eyes. Now leave the apple to dry — at least 3 weeks. You can use the apple head for making a puppet, or in a variety of other crafts projects.

Think of ways to use peels that you don't eat — candy them, extract dye from them, grate and use as flavouring in other foods, dry them and use in jewellery/other craft projects.

Pomander balls: Take a small, firm apple, orange or lemon and poke holes in it. Put a clove in each hole until the fruit is covered. Sprinkle apples with cinnamon, oranges with allspice and lemons with ground cloves. Wrap in a cloth and hang to dry for three weeks. To hang it after this tie it with ribbon. Hang in your wardrobe for a pleasant smell.

Rising Raisins: Since you try to be a few steps ahead of the class, you may want to go out now and get some raisins and some sparkling soda water and try the activity that follows before you turn the children loose. Then again, it might be fun to explore along with them.

Experimentation begins with an old parlor trick. Just put some raisins into a glass of soda water and observe. (In case you're pressed for time, this is what's supposed to happen: after the raisins sink to the bottom, bubbles begin to collect on them. Once enough bubbles are attached to the raisins to float them, the raisins rise. When they reach the surface, the bubbles pop, and the raisins sink again.)

Now try it in the classroom with the students watching carefully and taking notes on what they observe. And if they're suitably curious, they'll be doing some wondering too. You may raise a few "What might happen if...?" questions yourself to get them started. Make a list of some of their questions that suggest further exploration. Such as:

1. Do big raisins and small raisins rise and fall at the same rate?
2. Do the raisins rise faster if we use more soda water?
3. What happens if we punch pin holes in the raisins?
4. If we mix soda water with regular water, will the raisins rise and fall as fast?
5. Do the raisins ever "wear out" (stop collecting bubbles)?
6. Will 7-up or Coke make the raisins rise and fall?
7. Does the temperature of the soda water make any difference?
8. Will a fresh grape behave the same as a raisin?

Have students formulate predictions about outcomes, including the "no idea" option. Then teams of two or three students can investigate the questions. In their work they may discover the need for keeping track of materials, conditions and results or you may want to prepare them somewhat for the record-keeping responsibilities.

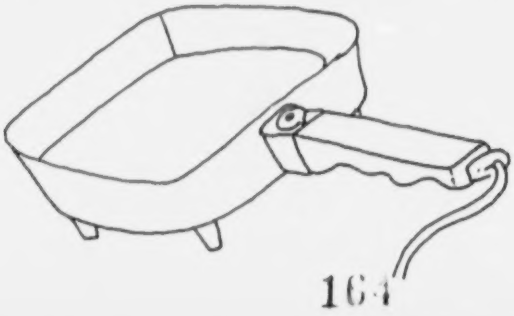
Rising raisins could be an easily managed home-assignment project preceded by a consumer survey to find the cheapest brand of soda water.

From 'Learning', January, 1976.

Blindfold a child. Let her taste and identify a variety of fruits. Provide the necessary vocabulary, so that she may talk about her experiences — e.g. sweet, sour, sticky, slippery, rough, juicy...

Play **What Am I?** 'I'm round and red and shiny. What am I?' (an apple)

Have children decide how they would share an (apple) between a certain number of people.



BOOKS

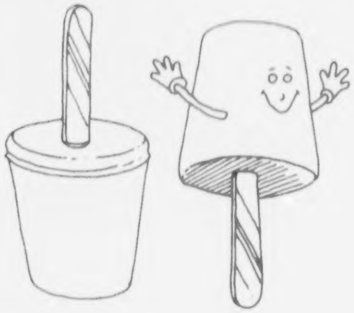
Johnny Appleseed, Aliki. Prentice Hall, Inc.,
1870 Birchmount Road
SCARBOROUGH, Ontario

A-Apple Pie, Kate Greenway
Frederick Warne & Co. London
Distributed by
Saunders of Toronto Limited
1885 Leslie Street
DON MILLS, Ontario

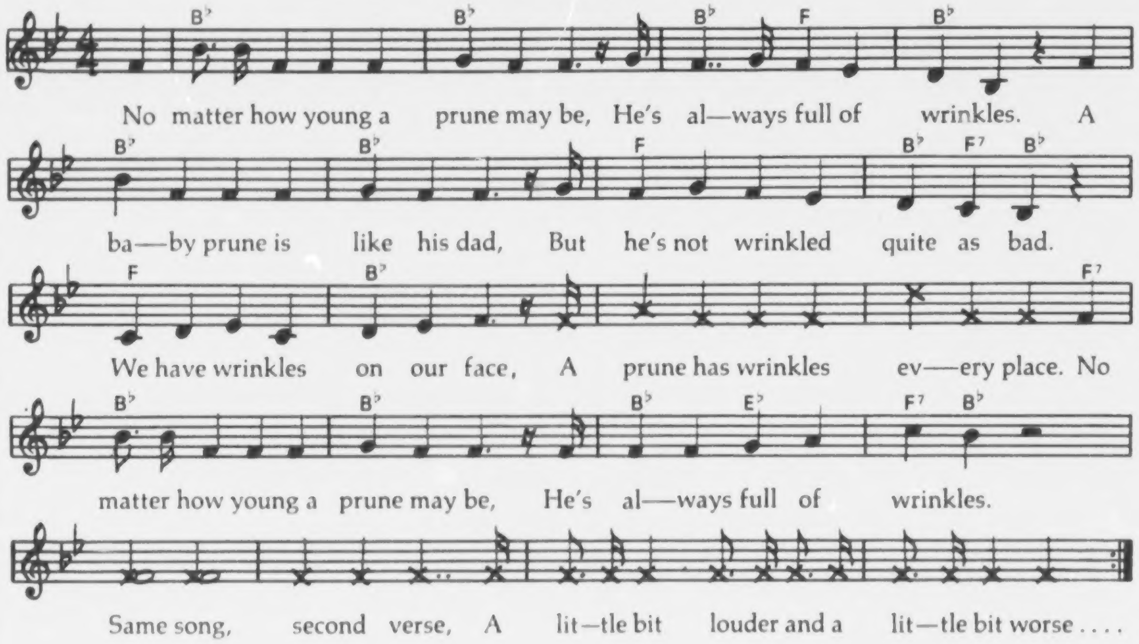
Blueberries For Sal, Robert McCloskey
Viking Press. Distributed by
Macmillan Company of Canada Limited
70 Bond Street
TORONTO, Ontario

The Chemistry Of A Lemon, Stone & Plascencia
Prentice-Hall of Canada Limited
1870 Birchmount Road
SCARBOROUGH, Ontario
(exciting experiments with lemons.)

For additional activities see VEGETABLE section.

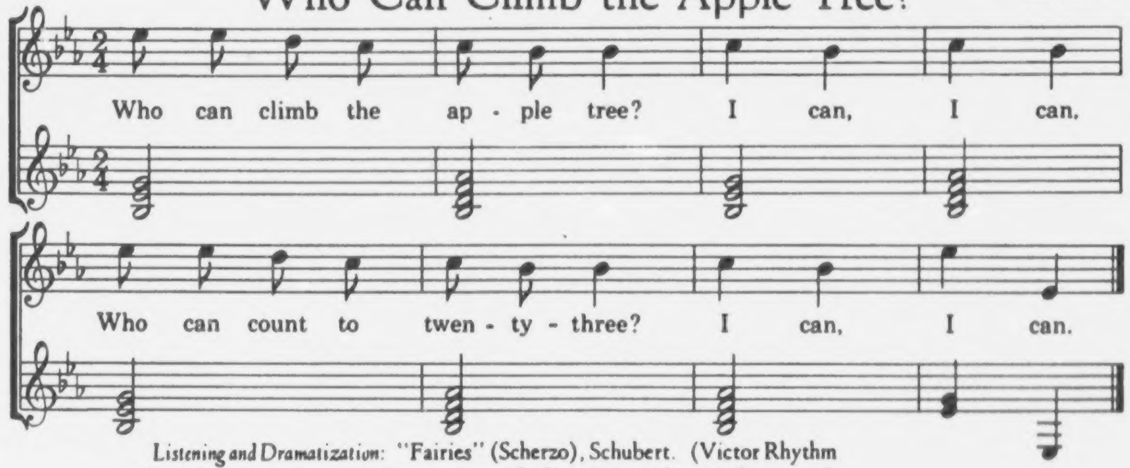


The baby prune


B♭ B♭ B♭ F B♭
No matter how young a prune may be, He's al—ways full of wrinkles. A
B♭ B♭ F B♭ F7 B♭
ba—by prune is like his dad, But he's not wrinkled quite as bad.
F B♭ F7
We have wrinkles on our face, A prune has wrinkles ev—ery place. No
B♭ B♭ B♭ E♭ F7 B♭
matter how young a prune may be, He's al—ways full of wrinkles.
Same song, second verse, A lit—tle bit louder and a lit—tle bit worse . . . .

Who Can Climb the Apple Tree?

Sue Hanlin


Who can climb the ap - ple tree? I can, I can.
Who can count to twen - ty - three? I can, I can.

Listening and Dramatization: "Fairies" (Scherzo), Schubert. (Victor Rhythm Album One.) SECTION A. Leaves come whirling and twirling to the ground. SECTION B. Wind dies down; leaves drift into piles against fences, around trees, and on shrubs and rosebushes. SECTION A. A whirlwind comes and tosses the leaves about, scattering them in every direction.

from The First Grade Book

Skipping Rhymes

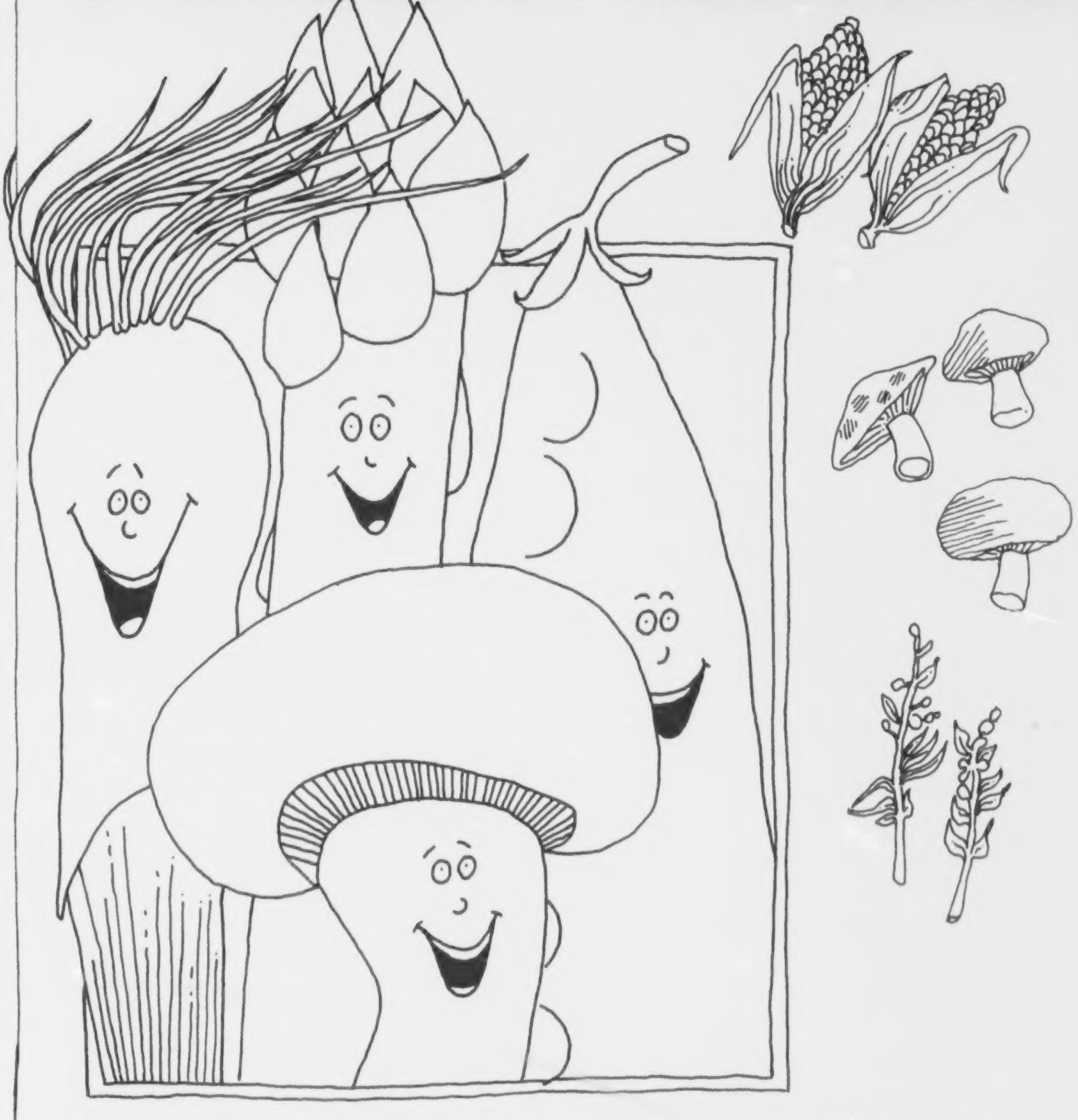
Grapes on the vine
Ready to be picked.
One fell off
And the other did the splits.

Apples, peaches, pears, and plums,
Tell me when your birthday comes.
January, February, March . . .

Peel a banana upside down.
Peel an orange round and round.
If you jump to twenty-four,
You can have your turn once more.
1, 2, 3, 4, 5 . . .

from Sally Go Round the Sun

VEGETABLES



Edible wild plants are available during the short summer months in the north. Use them raw as salads whenever possible as they are an especially rich source of Vitamin C and some Vitamin A.

No poisonous berries, plants or mushrooms have been reported north of the tree line. If you are south of the tree line it is important to recognize three lethal plants — Water Hemlock, Baneberry and Death Cup Mushroom.

Consult knowledgeable sources.

Wild Greens

Bracken
Dandelion
Sourdock
Wild mustard
Lamb's quarters
Scurvy grass

1. Use the young tender leaves as salad greens. Wash, dry and keep cold and crisp.
2. Cook the young leaves in a small amount of water 'til just tender. Drain and serve with seasoning and butter or margarine.

Fireweed: this plant has beautiful purple flowers. The new shoots taste like asparagus. The leaves can be cooked; they taste like spinach.

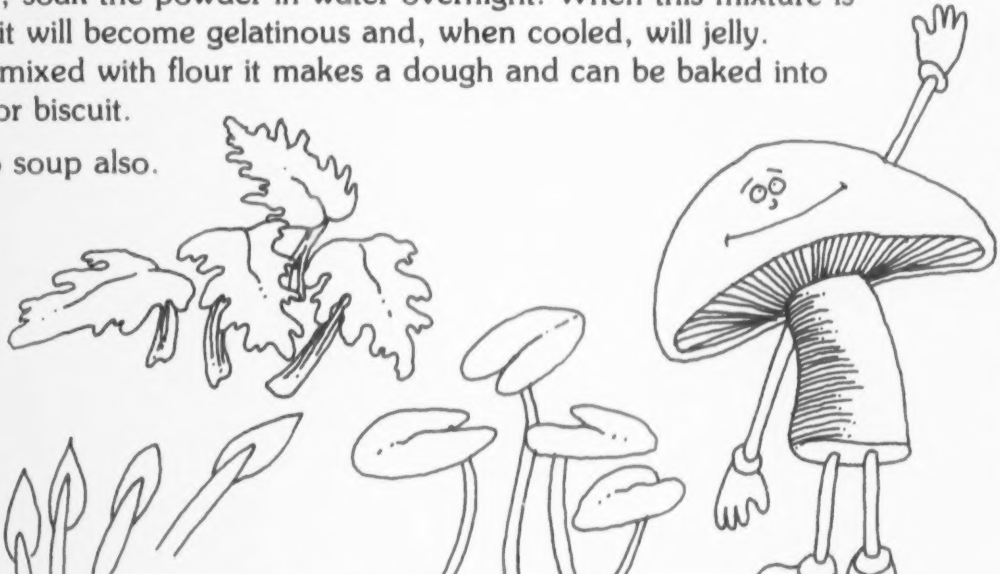
Mushrooms: many varieties grow in the North. Check with the local residents for safety.

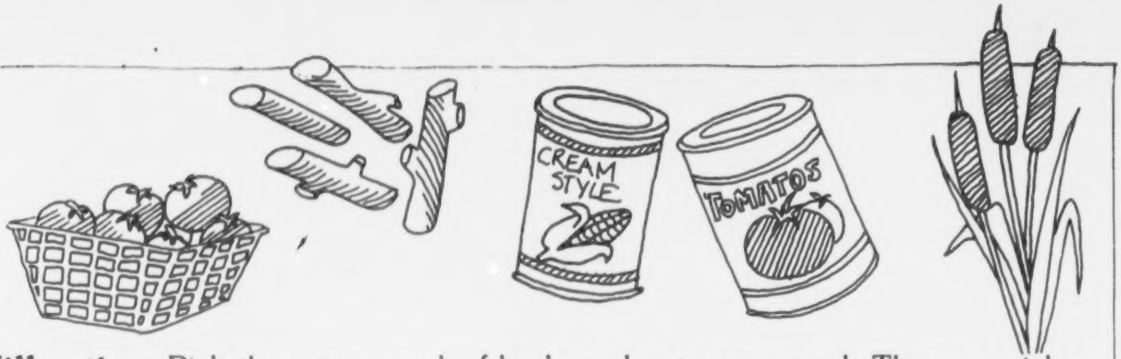
Lichens: Extract likely irritants by soaking lichens in boiling water to which has been added a small quantity of baking soda. Strain and dry the lichens 'til brittle.

Crush to a powder.

To use, soak the powder in water overnight. When this mixture is boiled it will become gelatinous and, when cooled, will jelly. When mixed with flour it makes a dough and can be baked into bread or biscuit.

Add to soup also.





Willowtips: Pick the very new leaf buds and eat as a cereal. They are rich in Vitamin C.

Wild Rhubarb: This plant grows along the banks of the Mackenzie River and its tributaries shortly after the snow disappears. Use the red stems cut up and simmered gently in water. Use salt and pepper and serve as a vegetable or add sugar and cinnamon for a dessert. NB. Some rhubarb leaves can be toxic — don't eat them.

Woolly Lousewort: The roots taste like carrots. It is sweet and can be used as a vegetable.

Waterlily roots: Can be used in stews. The seeds from the pod can be popped like corn.

Bulrush: use the root and the tender stalk at the base of the stalk raw in a salad or cooked stew.

Liquorice root: A plant which belongs to the pea family. The root is edible.

Raw vegetables should be offered daily if it is possible.

Green leafy ones like cabbage, lettuce, spinach and brussel sprouts make excellent salads.

Root vegetables like carrots, turnip and radish can be cut into sticks and used as snacks.

Cauliflower, celery, onion, green pepper, tomatoes, peas and beans are all excellent and should be eaten raw if possible.

Try making up different combinations. Keep in mind shape, colour, size and texture of the salad combination.

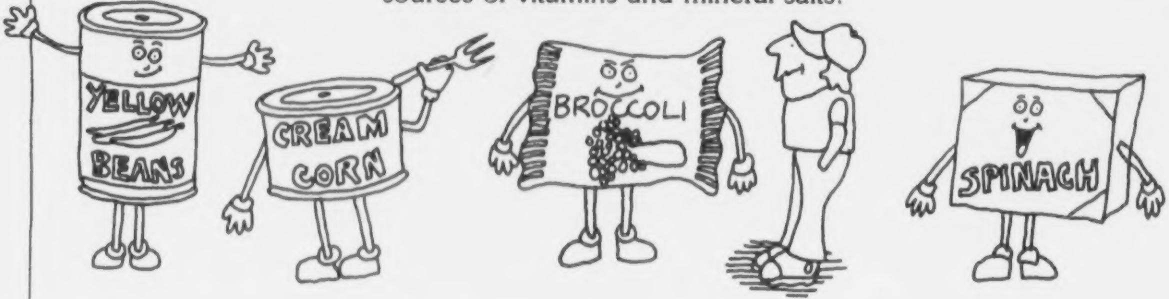
A simple dressing like lemon juice and honey is good for beginners, or sour cream or yoghurt if it is available.

Then try out other dressings as interest grows in new flavours and combinations.

Cream cheese or cottage cheese can be used to stuff vegetables.

CANNED VEGETABLES

In the North, canned, frozen, freeze-dried and dried vegetables are important sources of vitamins and mineral salts.



Estimate *hot plate*
125 mL per serving

To serve hot, strain off the LIQUID into a pan.

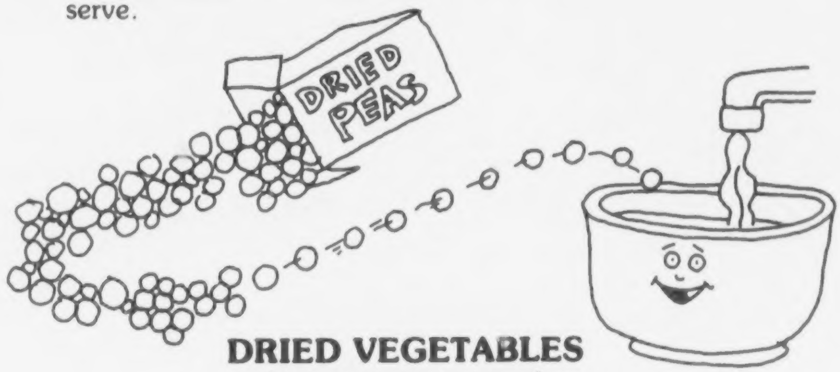
HEAT it to boiling, add VEGETABLES, reduce heat and allow the VEGETABLES to get hot.

STRAIN the vegetables, but keep the liquid for gravy or soup.

SEASON the vegetables, add MARGARINE to taste and serve.

FROZEN VEGETABLES

Follow the directions on the packet. Avoid overcooking. Try different combinations.

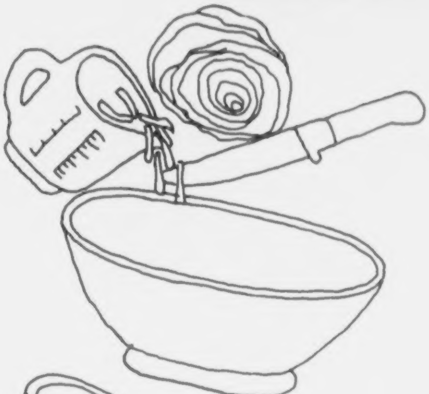


DRIED VEGETABLES
(except potatoes)

These vegetables usually need to be soaked in cold water for several hours before cooking. Again, follow directions on the container.

Add food value to the vegetables by using a sauce and grated cheese. This is a most nutritious meal.

COLE SLAW

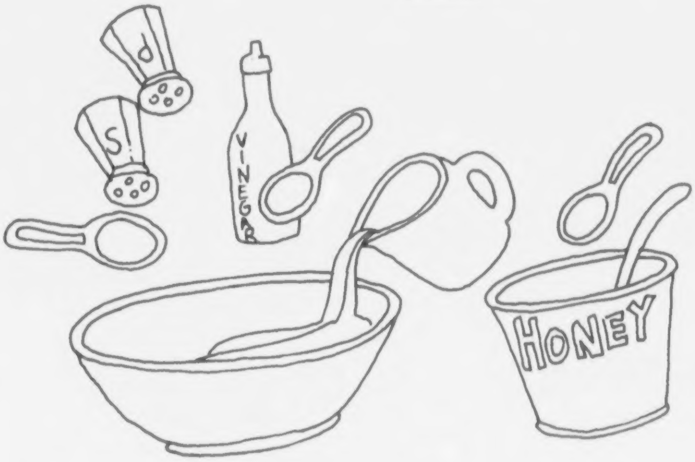


Estimate 125 mL salad per serving

no heat

GRATE (or slice thinly) CABBAGE wedges.

MEASURE into a mixing bowl:
500 mL grated or finely sliced CABBAGE



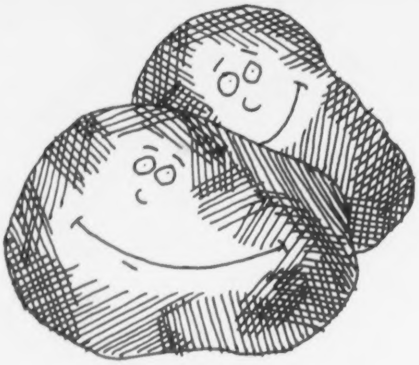
125 mL EVAPORATED MILK mixed with
15 mL VINEGAR
15 mL HONEY or SUGAR
2 mL SALT
pinch PEPPER

RAISIN
PAPRIKA

SPRINKLE with PAPRIKA.

ADD grated carrots and raisins if you like.

BAKED POTATOES IN FOIL

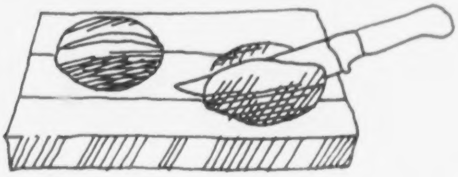


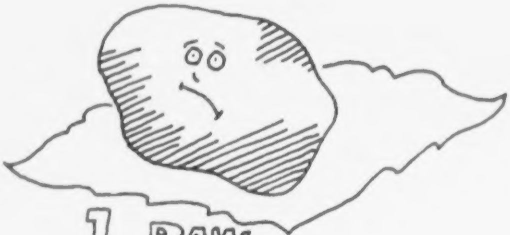
oven

WASH potatoes, cutting out eyes and spots.

DRY potatoes.

PIERCE the potato skins with a fork.





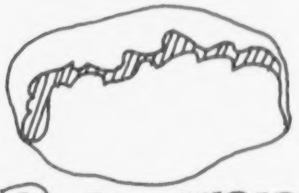
1. RAW

WRAP each one separately in foil, as in an envelope.

BAKE at 220°C for 45-60 minutes, depending on size.

A fork should go into the cooked potato as easily as it will go into soft butter.

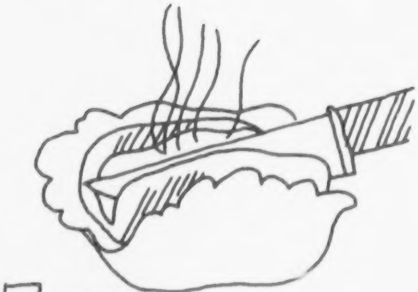
UNWRAP carefully and put the potato on a paper towel.



2. FOIL WRAP

SLIT the potato, making a +. Push up to make a flower, keeping the towel between the potato and fingers.

ADD BUTTER or MARGARINE and SEASONINGS — or SOUR CREAM or YOGHURT if it's available. Try topping with PEANUT BUTTER or grated CHEESE.



3. BAKED

Use dried potatoes if fresh ones aren't available.

Extra milk powder will add food value to the reconstituted potatoes.

Prepare the potatoes and put into foil cups.

If you use a campfire, use double thickness of foil wrap and bury the potatoes in the campfire coals.

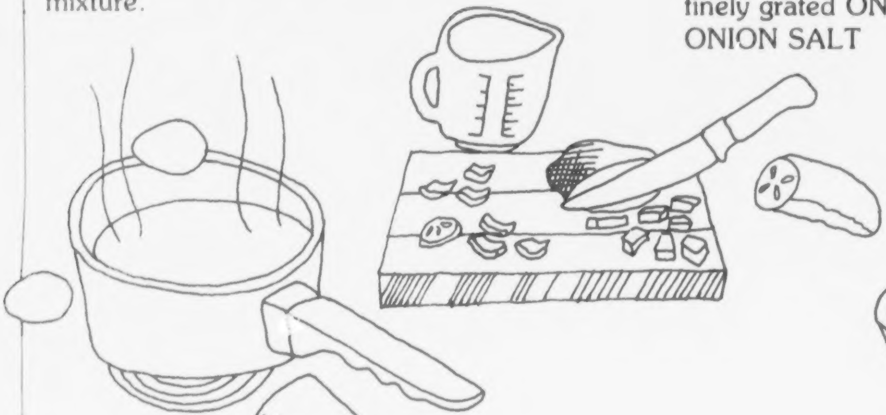
A clean tin will make a good oven over the campfire coals.

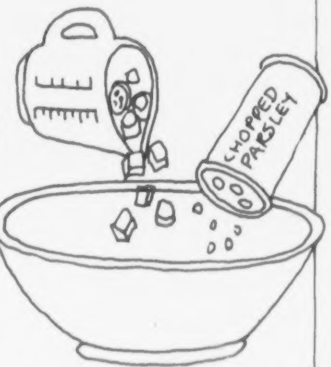
POTATO SALAD

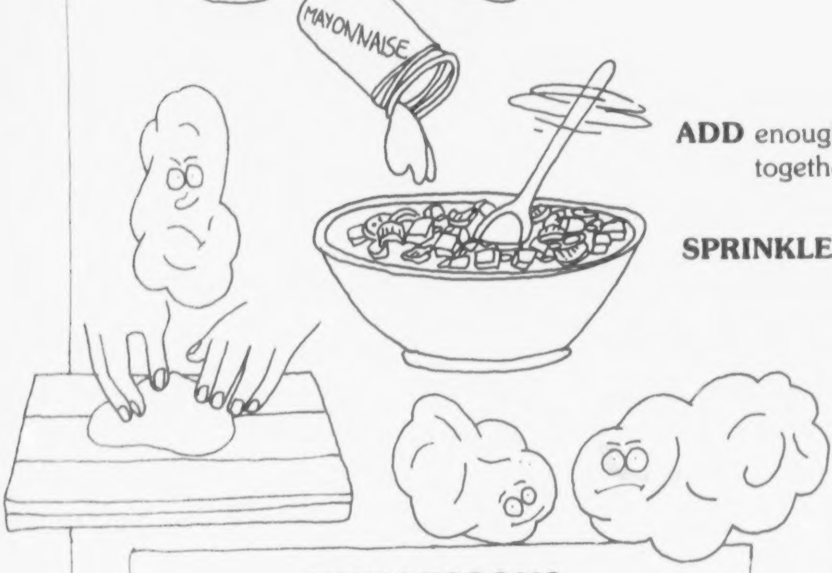
Estimate 125 mL *hot plate*
per serving

Use canned, reconstituted or fresh potatoes, but eat immediately and do not save left-overs because of the possibility of rapid growth of harmful bacteria in the cooked eggs, vegetable and mayonnaise mixture.

MIX together
250 mL diced cooked POTATO
1 or 2 cooked chopped EGGS
SEASONINGS
a little chopped PARSLEY
chopped CELERY if
chopped CUCUMBER available
finely grated ONION or
ONION SALT







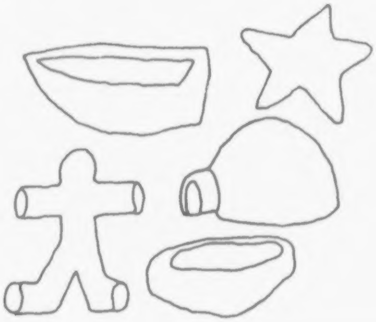
ADD enough MAYONNAISE to bind it together.

SPRINKLE with PAPRIKA.

MINI-LESSONS

Boiling eggs.

Make the reconstituted potatoes into different shapes: e.g. cones
igloos
nests



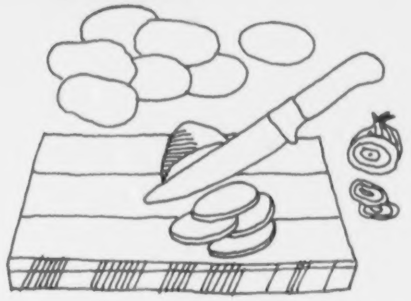
173 BEST COPY AVAILABLE

FRIED POTATOES

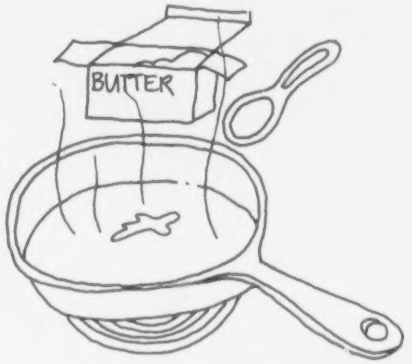
Allow 1 cooked potato (or the equivalent in dried or canned potatoes) per child.

hot plate

PEEL (8) POTATOES and **SLICE** them thinly.

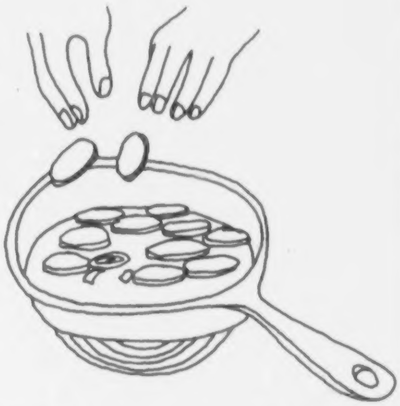


SLICE 1 small ONION.

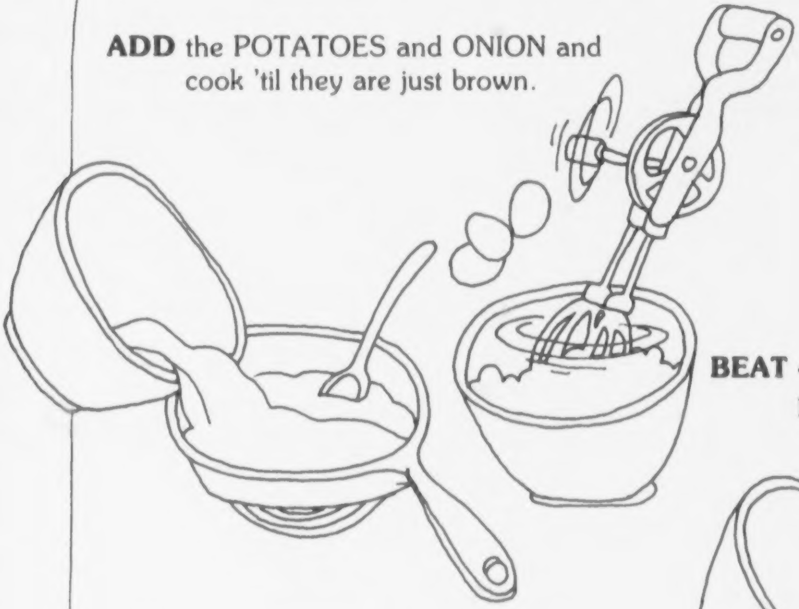


HEAT enough BUTTER or MARGARINE to cover the bottom of a frying pan (or use 8 slices of chopped BACON).

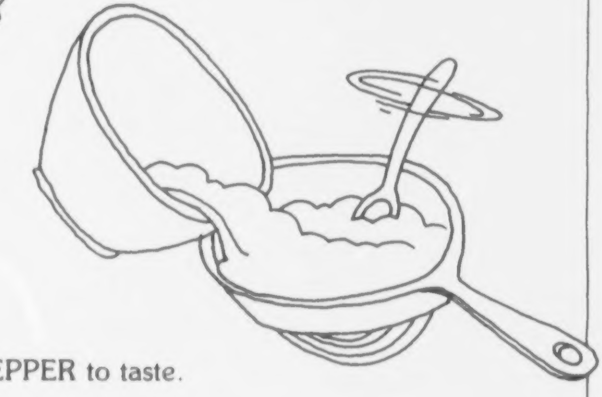
Use medium heat.



ADD the POTATOES and ONION and cook 'til they are just brown.



BEAT 4 EGGS (egg powder will do) and pour over the potatoes.



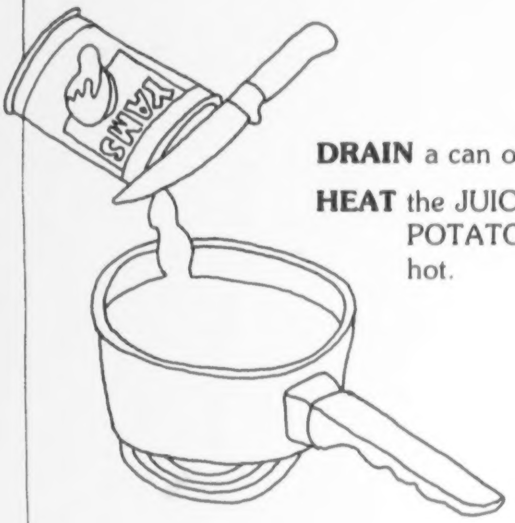
Move everything around in the pan 'til the eggs are set.

ADD SALT and PEPPER to taste.

SERVE.

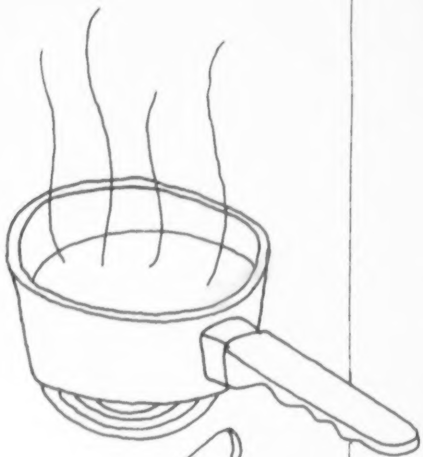
CANNED YAMS.

hot plate

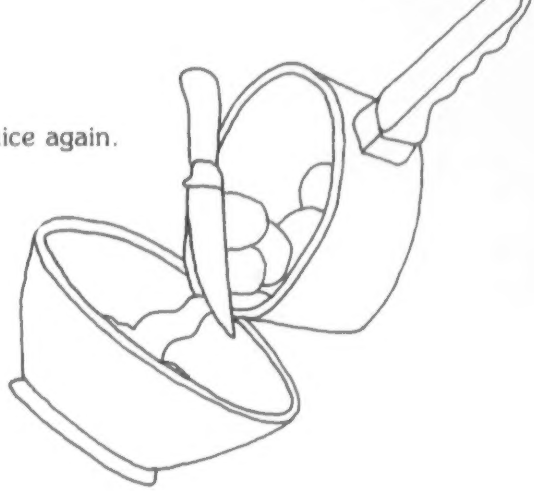


DRAIN a can of SWEET POTATOES.

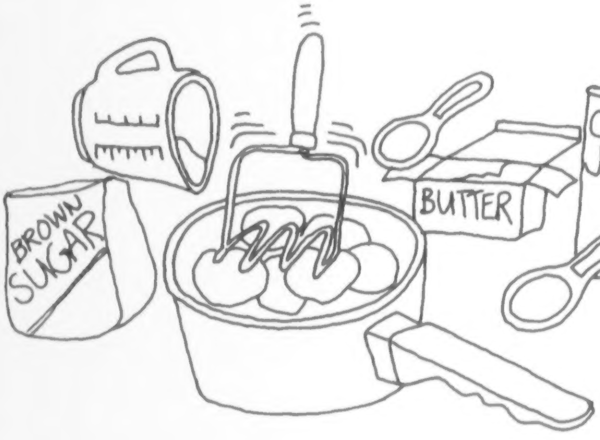
HEAT the JUICE to boiling and put the POTATOES in until they are very hot.



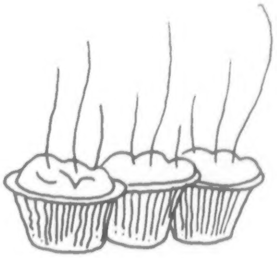
DRAIN the juice again.



MASH the POTATOES, with
15 mL ORANGE JUICE
15 mL BROWN SUGAR
15 mL BUTTER or MARGARINE

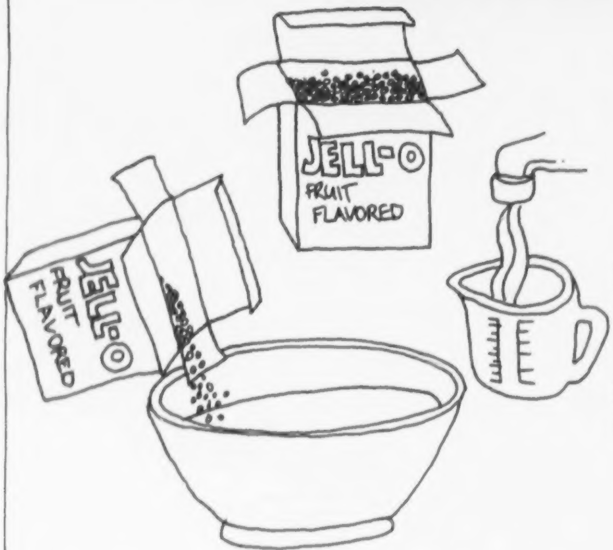

BROWN SUGAR
BUTTER
ORANGE JUICE

SERVE in foil cups as hot as you can.



Try adding apple sauce, apricot puree or crushed pineapple sometime.

JELLIED SALADS


JELL-O
FRUIT FLAVORED
JELL-O
FRUIT FLAVORED

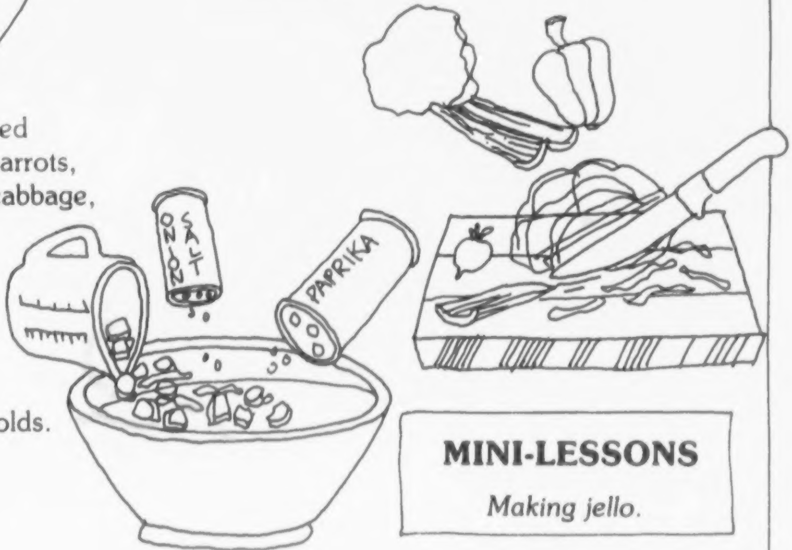
6 servings *hot plate*

Use a small package of LEMON, LIME or APPLE flavoured GELATINE.

MAKE UP THE JELLO, using
250 mL boiling WATER
125 mL cold WATER

SET ASIDE 'til the jello is the consistency of egg white.

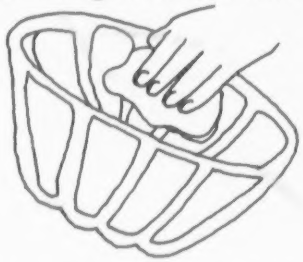
Now **ADD** 325 mL finely diced VEGETABLES (carrots, celery, radishes, cabbage, green pepper, etc.)
a little ONION SALT
a shake of PAPRIKA


ONION SALT
PAPRIKA

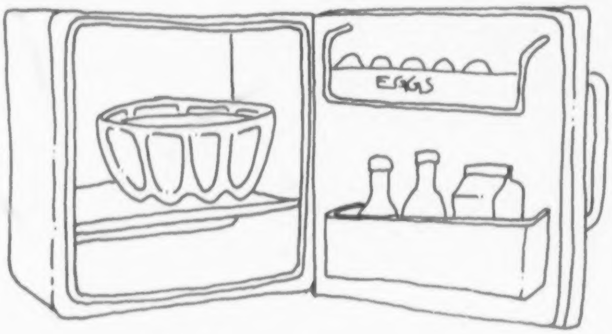
MINI-LESSONS

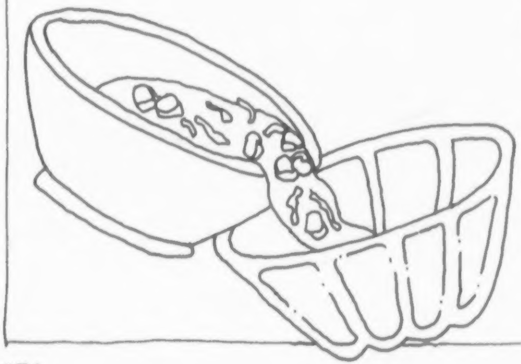
Making jello.

OIL a large mold, or small molds.



POUR in the salad and let it set 'til very cold and firm.





UNMOLD.

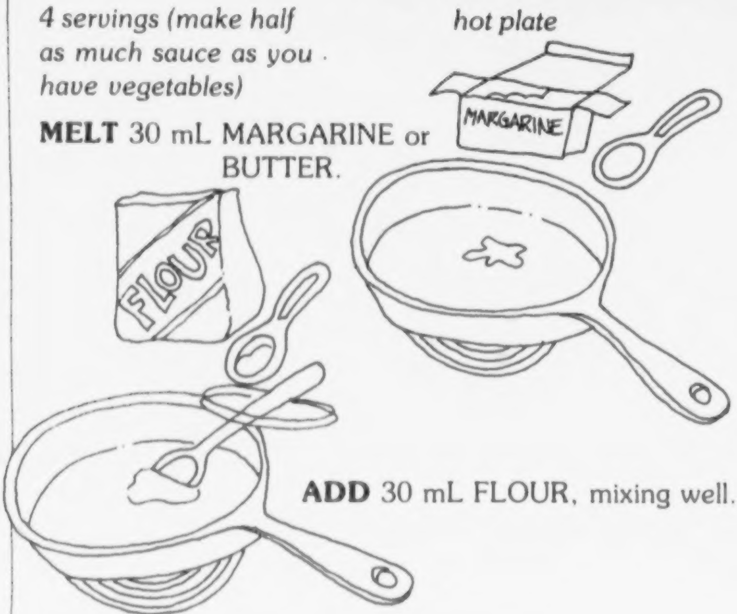
SERVE with a dressing if you like.

You can mix nuts and fruit with the vegetables, too.

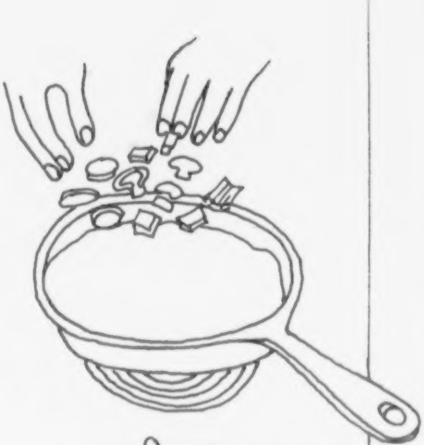
WHITE SAUCE

4 servings (make half as much sauce as you have vegetables)

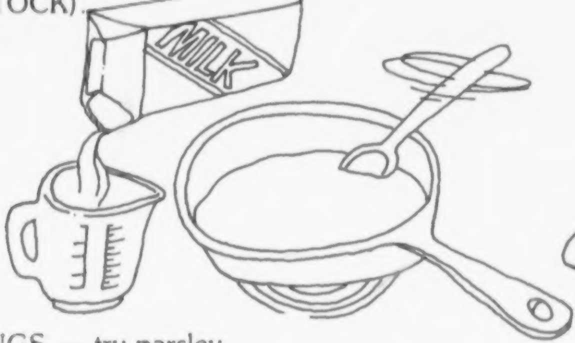
MELT 30 mL MARGARINE or BUTTER.

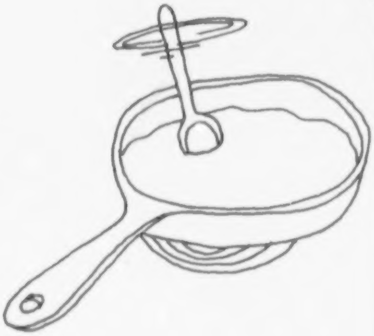

hot plate
MARGARINE
FLOUR

ADD 30 mL FLOUR, mixing well.



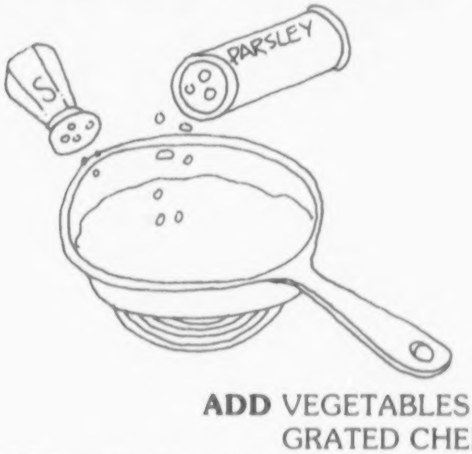
Away from the heat, **STIR** in, slowly at first, 250 mL MILK (or MILK and VEGETABLE STOCK).

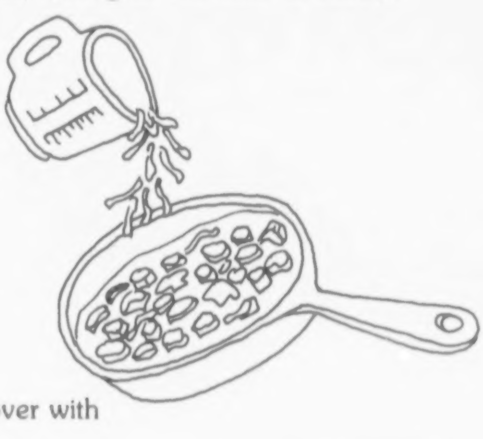




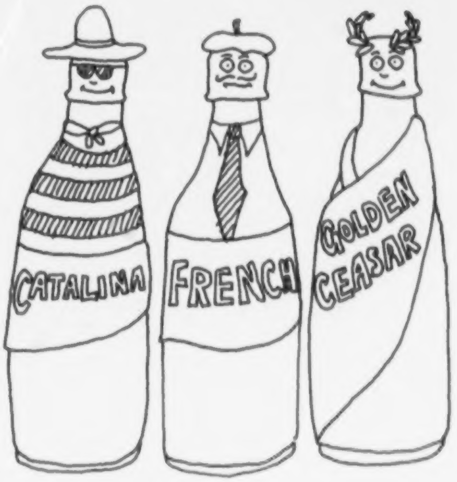
ADD SEASONINGS — try parsley, onion salt, celery salt or nutmeg.

BOIL, stirring all the time 'til bubbly.





ADD VEGETABLES and cover with GRATED CHEESE.


CATALINA
FRENCH
GOLDEN CEASAR

CATALINA

no cooking

This dressing is good for fruit salads.

MIX together in a jar
125 mL HONEY
125 mL LEMON or LIME JUICE

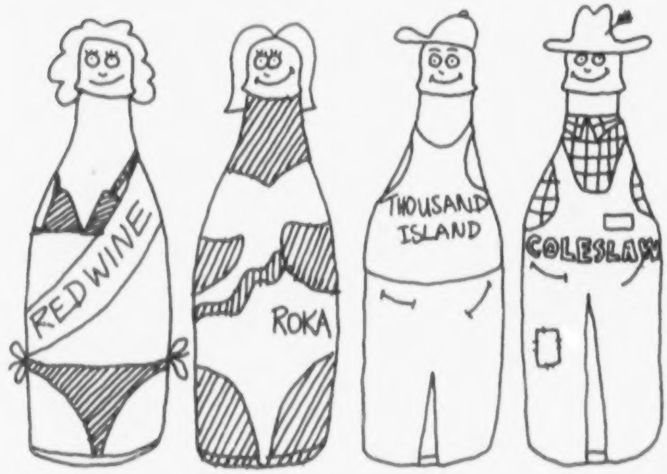
FRENCH DRESSING

MIX together in a jar
50 mL LEMON or LIME JUICE
or VINEGAR
175 mL OIL
2 mL SALT
2 mL PEPPER

PEANUT BUTTER DRESSING

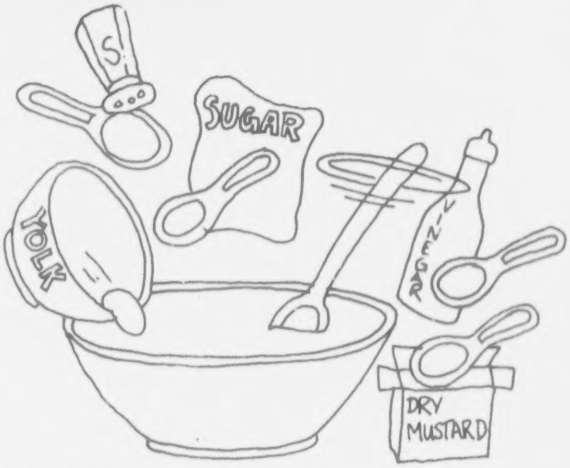
MIX together in a jar
50 mL EVAPORATED MILK
50 mL LEMON JUICE
50 mL PEANUT BUTTER
pinch of SALT

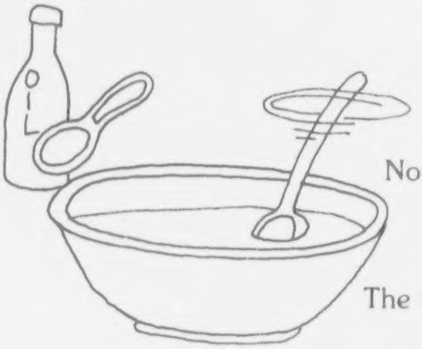
MAYONNAISE


REDWINE
ROKA
THOUSAND ISLAND
COLESLAW

MAYONNAISE

BEAT together in a mixing bowl at room temperature.
1 WHOLE EGG or 2 EGG YOLKS
5 mL DRY MUSTARD
5 mL SALT
5 mL SUGAR
5 mL VINEGAR or LEMON JUICE


S
SUGAR
YOLK
VINEGAR
DRY MUSTARD

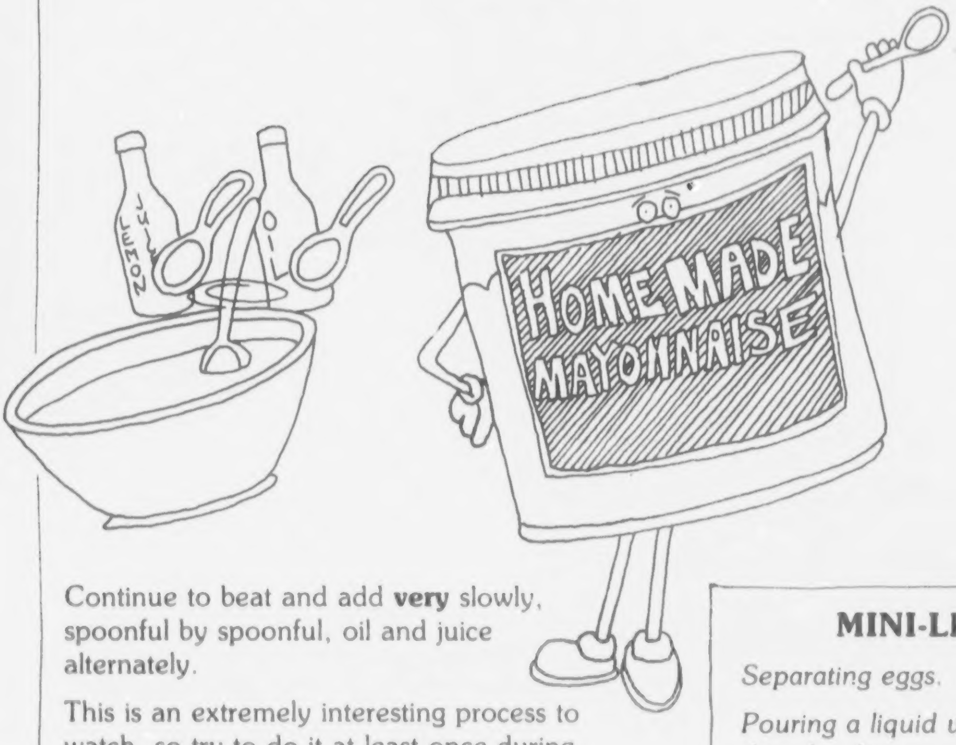


Now **ADD**, a few drops at a time,
125 mL OIL, beating well all the time.

The mixture will thicken.

LEMON JUICE
OIL

HAVE READY 15 mL LEMON JUICE or VINEGAR
125 mL OIL


LEMON JUICE
OIL
HOME MADE MAYONNAISE

Continue to beat and add **very** slowly, spoonful by spoonful, oil and juice alternately.

This is an extremely interesting process to watch, so try to do it at least once during the year.

MINI-LESSONS

Separating eggs.

Pouring a liquid very slowly — even drop by drop.

DRIED BEANS and PEAS, LENTILS and NUTS

BOSTON
BAKED
BEANS

Go to the store and find all kinds of beans, peas, lentils and nuts. Find out how they are the same, different.

These can be used instead of meat, fish or poultry. There are over 25 varieties of beans and peas; they include kidney, navy, black-eyed peas, pinto, soy, chick peas or garbanzos, haricot, red, lima, yellow peas, green peas, red lentils, fara.

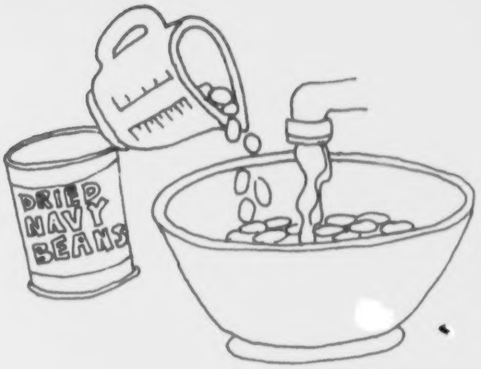
Beans should be soaked first and then cooked slowly for quite a long time 'til they are tender.

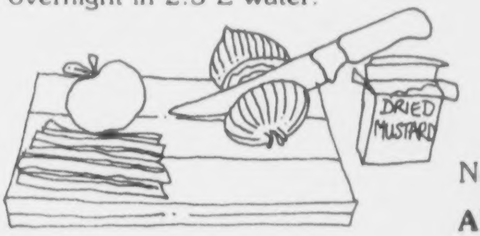
BAKED BEANS

12-15 servings *hot plate or oven 160°*

WASH 750 mL DRIED NAVY BEANS (or others).

SOAK overnight in 2.5 L water.

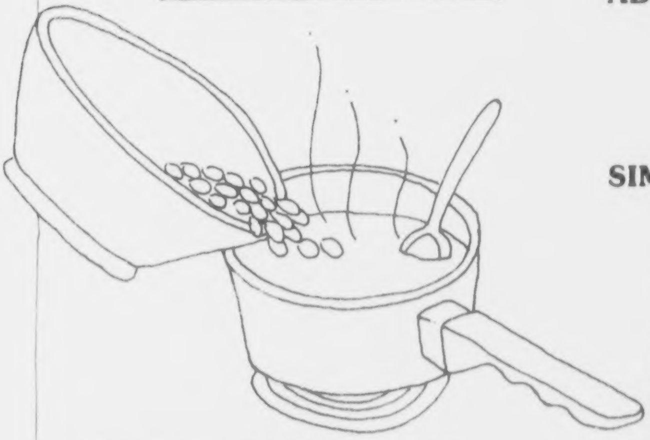

DRIED NAVY BEANS

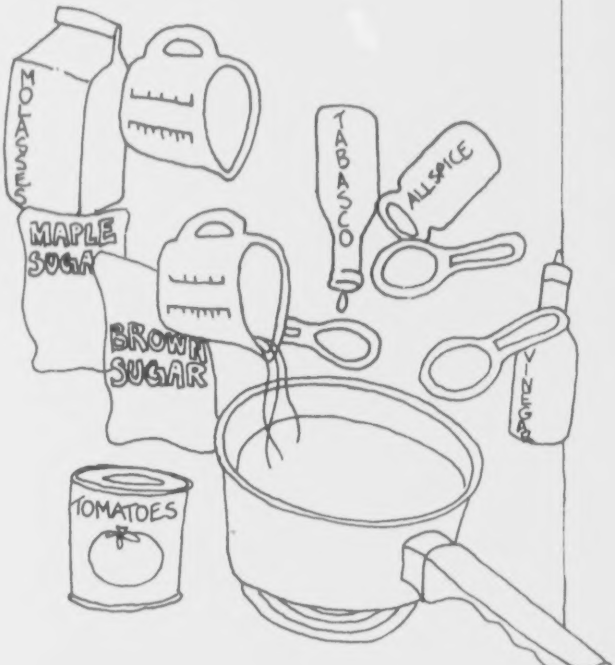

DRIED MUSTARD

Next day,

ADD 1 large diced ONION
1 peeled, diced APPLE
15 mL dry MUSTARD
8 slices BACON or
125 mL diced HAM or PORK

SIMMER 50-60 minutes.



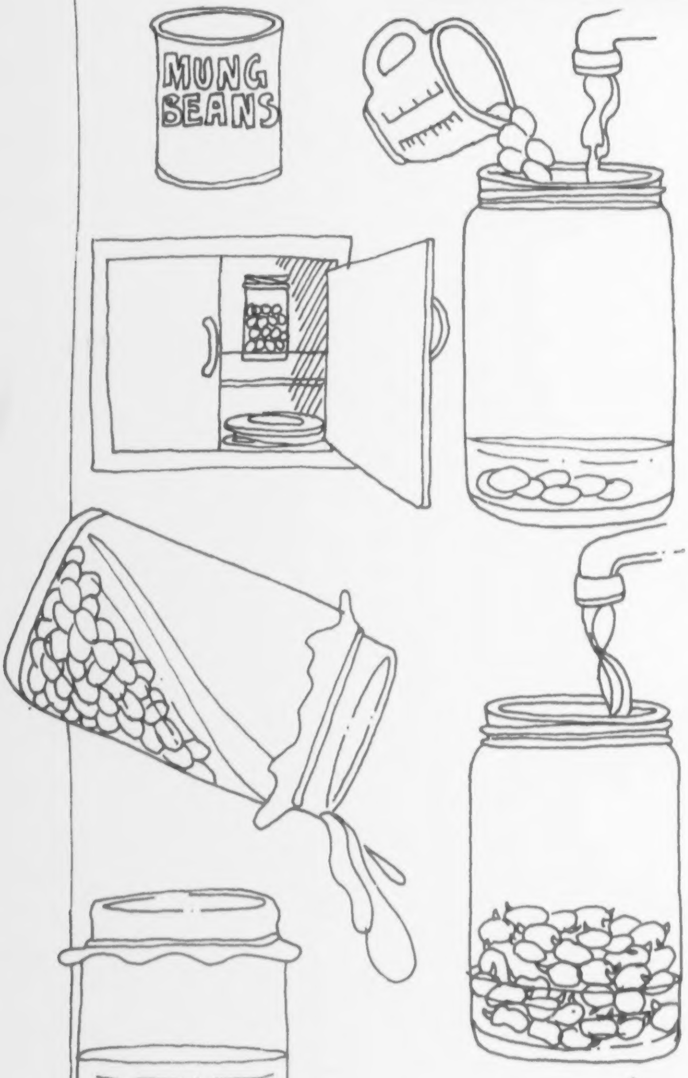

MOLASSES
TABASCO
ALLSPICE
MAPLE SUGAR
BROWN SUGAR
VINEGAR
TOMATOES

ADD 50 mL BROWN SUGAR
50 mL MAPLE SYRUP
15 mL VINEGAR
1 large can TOMATOES
3 mL ALLSPICE
4 drops TABASCO
50 mL MOLASSES

COVER and **COOK SLOWLY** all day (6-8 hours) adding more water if needed.

ADD 5 mL SALT during the last 1/2 hour of cooking time.

SPROUTS



You can grow sprouts from almost any kind of bean.

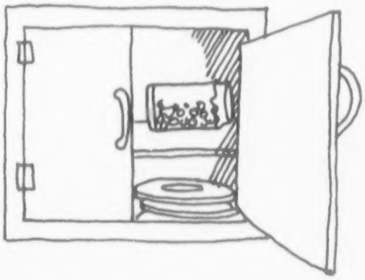
One of the best to start with is mung beans. They are small green beans.

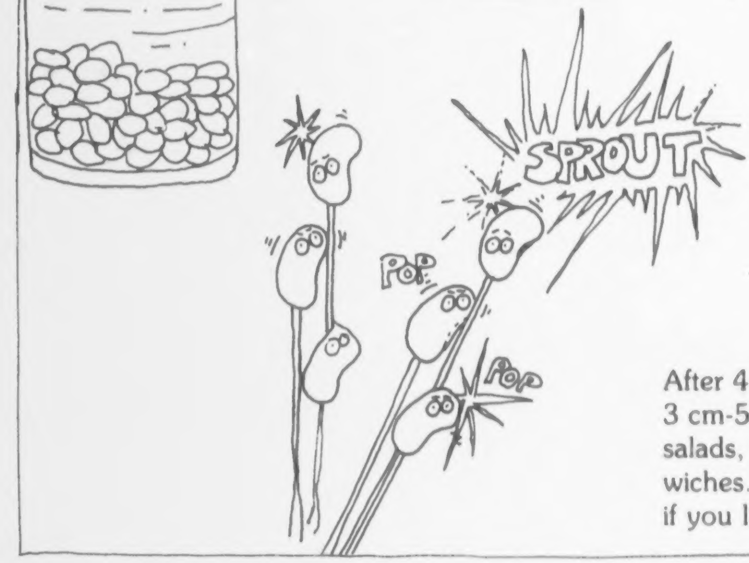
Get a large jar and put in 50 mL mung beans. Fill jar half full of water and put it in a dark warm place 'til next day.

Get a very clean piece of nylon stocking. Fix it over the top of the jar with a rubber band.

Pour off the water, and rinse the beans well. What has happened to the beans?

Leave the beans wet but not soaking. Put them back again 'til next day. Rinse off again and put back the jar on its side.





After 4 or 6 days you'll have sprouts 3 cm-5 cm long and you can eat them in salads, in scrambled egg or in sandwiches. Or, you can cook them in butter if you like.

BEAN SALAD

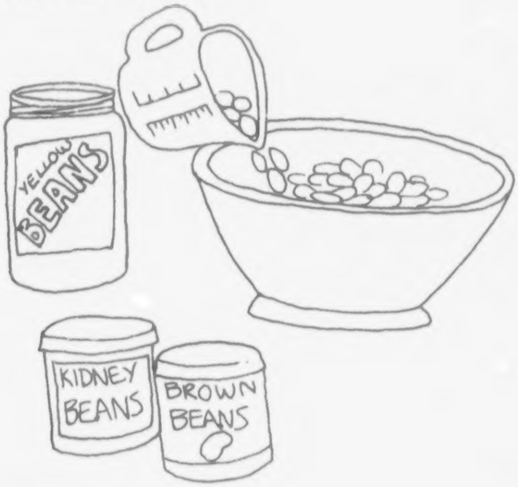
4-6 servings *no cooking*

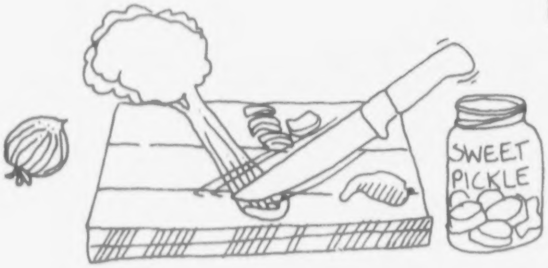
Choose a variety of cooked dried beans or drained canned peas. For example, you could use a mixture of navy beans, lima beans and kidney beans.

MIX together
750 mL BEANS
125 mL diced CELERY
50 mL chopped SWEET PICKLE
15 mL chopped ONION (optional)

ADD FRENCH DRESSING or PEANUT BUTTER DRESSING.

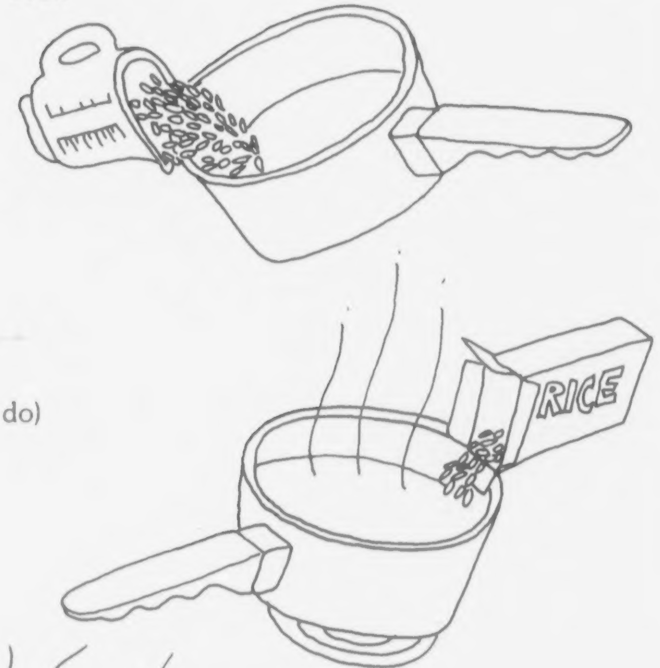
SERVE cold.


YELLOW BEANS
KIDNEY BEANS
BROWN BEANS

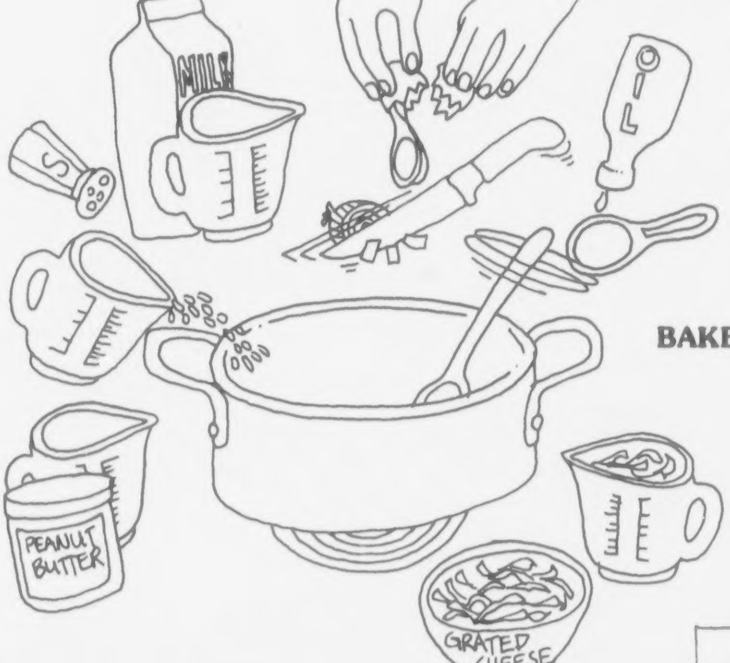

SWEET PICKLE

PEANUT CARROT ROAST

9 or more servings *oven*



MIX 250 mL cooked RICE
125 mL chopped ONION
250 mL PEANUT BUTTER
1 EGG
325 mL grated CARROT
(canned or frozen will do)
250 mL MILK
30 mL OIL
pinch of NUTMEG
pinch of SALT


MILK
S
OIL
PEANUT BUTTER
GRATED CHEESE

BAKE at 160°C for 45 minutes.

MINI-LESSON

Cooking rice.

PEANUT BUTTER

HOMEMADE
PEANUT
BUTTER

You don't even need a recipe for this one. Leave out a variety of utensils and ingredients — e.g. pestle and mortar, food grinder, blender, vegetable oil, butter/margarine, salt, etc. Give kids some PEANUTS and ask them if they can make them into peanut butter.

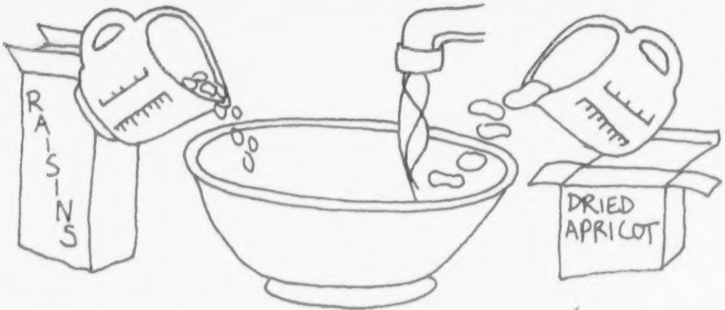
Lots of questions will arise — do you really need OIL? BUTTER? SALT? Which is the quickest way to grind the peanuts? Which gives the tastiest peanut butter?

Get kids to write down their recipes when they've finished. They could make up a jar of peanut butter, glue their recipe to the jar, and give it to someone in their family for a gift.

FRUIT, NUT and RICE CASSEROLE

10 servings

hot plate or oven

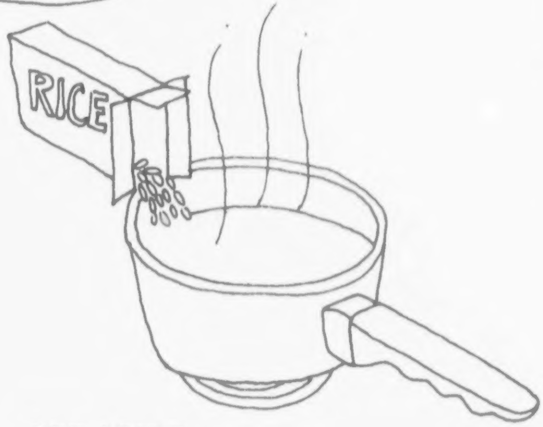


COVER with water and SOAK for 30 minutes
500 mL dried APRICOTS
250 mL RAISINS

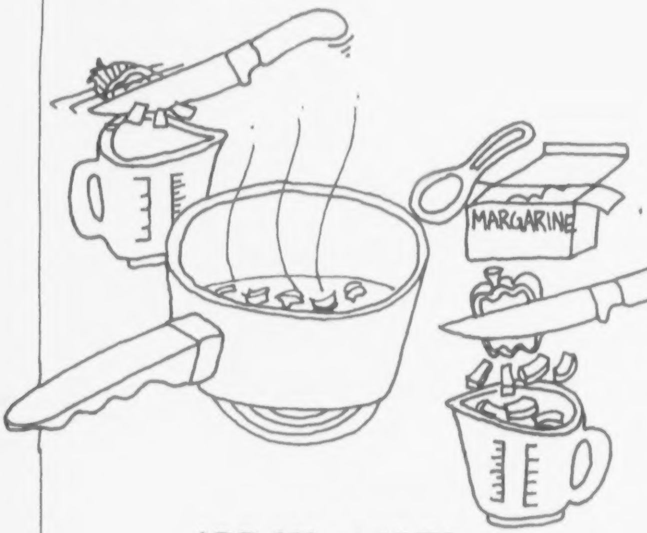
DRAIN.

CHOP into small pieces.

COOK 500 mL RICE.



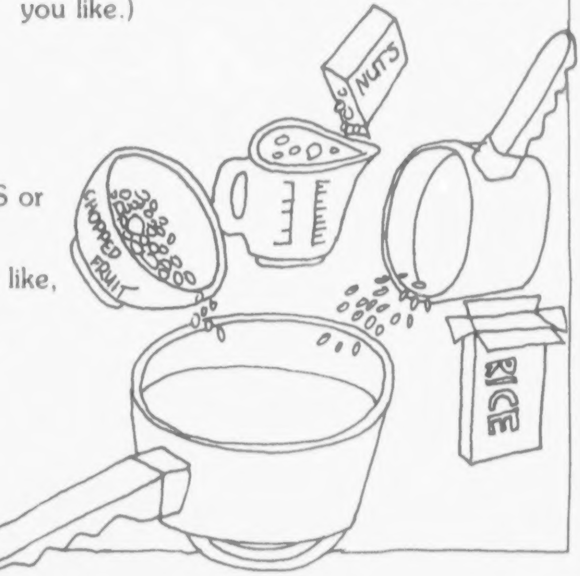
SET ASIDE.



COOK 250 mL finely chopped ONION
125 mL GREEN PEPPER
in 125 mL MARGARINE
(you can add 5 mL CURRY POWDER if you like.)

ADD 250 mL NUTS
the chopped fruit
the cooked rice
(You can add SUNFLOWER SEEDS or SESAME SEEDS if you want to.)

This is now ready to serve, or if you like, bake it in a greased baking dish in medium oven for about 30 minutes.



MINI-LESSONS

Soaking dried fruit — comparing taste before and after.

Cooking rice.

ACTIVITIES

Plant a classroom garden. Some almost 'child-proof' plants are:

radishes	- amongst the easiest plants to grow, the seeds can be started in wet cotton so the growth can be watched.
peas	
beans	
sprouts	-any bean seed will sprout, but alfalfa or mung beans are best and will be ready to eat in three days.
green onions	
tomatoes	
spinach	
leaf lettuce	
herbs and spices	- parsley, cress, mustard are easy and fast.

Do experiments to show how plants grow and what they need for healthy growth. Compare with the human body.

Children can do various activities with their plants (comparing them, measuring, etc.)

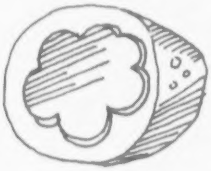
If you live in the Mackenzie region, plant your garden outdoors in the spring.

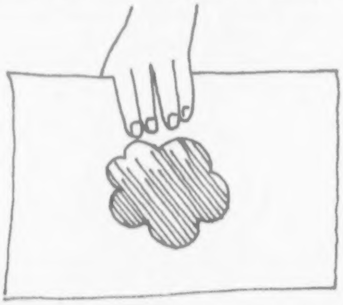
Build a greenhouse as a class project and enjoy fresh vegetables all year around.

How many ways can you cut a vegetable?

How many different ways can you cut up any of these — Potato, apple, orange, carrot, cheese?

Printing with vegetables — use different parts of the plant. Make something from your prints — wall hanging, place mat, hat etc. If you use food colouring rather than paint, you can wash vegetables when you've finished painting and make some vegetable soup.





Examine the different parts of plants — root, stem, seeds, flower, leaves, etc. Which part do you eat? Which part do you throw away? Could you eat this part? Could you use it some other way? (e.g. an art project). Whenever you use a vegetable in your cooking, have the children identify which part of the plant it is.

What northern animals eat plants? Which plants do they eat? Can you eat these plants?

Weigh vegetables — fresh, frozen, canned, dried. Compare prices. Which is the best value? Which do you think is the most nutritious? Examine the packages of processed vegetables to see what has been added.

Make radish roses by cutting around the radishes from stem to root and putting them in ice water. Make celery curls too, by cutting and putting in ice water.

Red cabbage test: Put grated red cabbage in water. When the water is red, drain it off. Put a teaspoon of this water in a white dish. Add a piece of tomato. What happens? Try this with different liquids and different foods.

How many different kinds of beans can you find at the store? Buy some dried and cook them. Compare with fresh, canned or frozen kinds.

Use beans for stringing, collage work and other art/craft activities.

Use beans as counters.

Try making dyes from local plants.

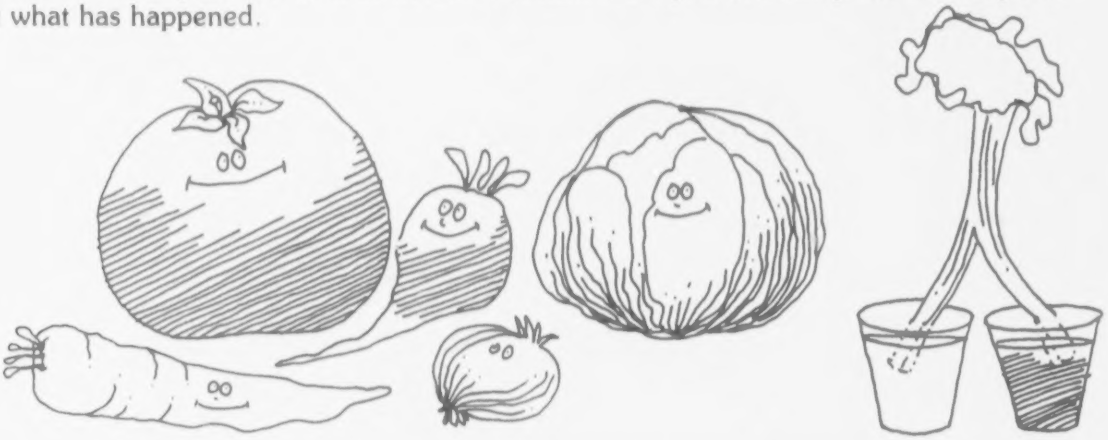
Put bean seeds in water. After a day cut them open and examine with a hand lens or microscope.

Examine other parts of plants with a hand lens or microscope.

Collect pictures of vegetables — from magazines, labels etc. Sort according to colour, part of vegetable that is eaten, etc. Make charts or scrap books.

Still life drawing/painting. Draw or paint a vegetable.

Cut a stick of celery and stand it in water as shown. Cut open the celery the next day and note what has happened.



If you can get a pumpkin, make a Jack O'Lantern at Halloween. Make pumpkin pie with the filling and roast the seeds.

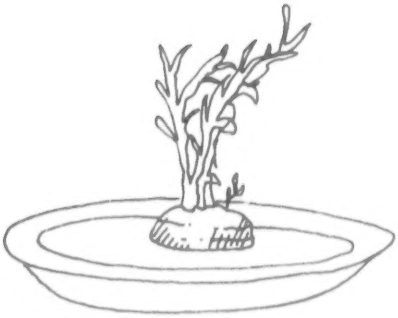
Compare the appearances, tastes, textures, smells and sounds of various vegetables. Provide children with appropriate vocabulary — e.g. juicy, crunchy, stringy, rough...

Role playing. Children can role play planting a garden, a seed growing etc. Supply appropriate music.

Make bean bags from fabric and dried beans.

Make vegetable people, monsters and things. e.g. a celery wagon can be made from a piece of celery with slices of carrots for wheels. Fill the wagon with cheese, peanut butter or raisins.

Discuss the effect of heat on vegetables. How does cooking change the texture, flavour, colour and smell of each vegetable. Let children taste and compare cooked and uncooked vegetables — both fresh and processed. Which do you prefer?



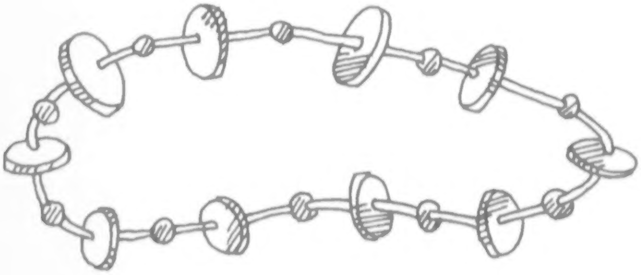
Grow a carrot top in a dish: Cut off the top of a carrot. Remove the leaves. Put the carrot in a small dish and keep it moist. New leaves will start to grow from the carrot. Beets, radishes and turnips can be used this way, too.

Carrot necklace: Slice a carrot and thread the slices to make a necklace. You can put berries, coloured paper or something else between the slices if you want. Put the necklace somewhere to dry. It should be ready in about 10 days.

Nuts. Examine shelled and unshelled nuts. Compare taste, texture, shape, colour, etc. Match the shelled and unshelled nuts, or match the shelled nuts to their shells.

Visit the store. Look for products that contain nuts (oil, cookies, candies, peanut butter...)

Use the shells of nuts in your art work.



For additional activities see SOUP section. Refer also to SEEDS activity cards, available from your Resource Centre.

BOOKS

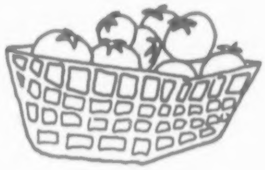
The Tomato Patch, William Wondriska
Holt, Rinehart & Winston
55 Horner Avenue
TORONTO, Ontario

The Carrot Seed, Ruth Krauss
Scholastic Books
123 Newkirk Road
RICHMOND HILL, Ontario

The Great, Big, Enormous Turnip, Alexei Tolstoy
Franklin Watts Incorporated
Distributed by Grolier Limited
200 University Avenue
TORONTO, Ontario

What Shall I Put In The Hole That I Dig, Eleanor Thompson
Western Publishing Co.
Distributed by Whitman
Golden Limited
200 Sheldon Drive
CAMBRIDGE, Ontario

The Plant Sitter, Gene Zion. Harper & Row
Distributed by
Fitzhenry & Whiteside Limited
150 Lesmill Road
DON MILLS, Ontario



Jack and the Beanstalk

The Tale Of Peter Rabbit, Beatrix Potter. F. Warne & Co. Ltd.,
London. Distributed by
Saunders of Toronto Limited
1885 Leslie Street
DON MILLS, Ontario

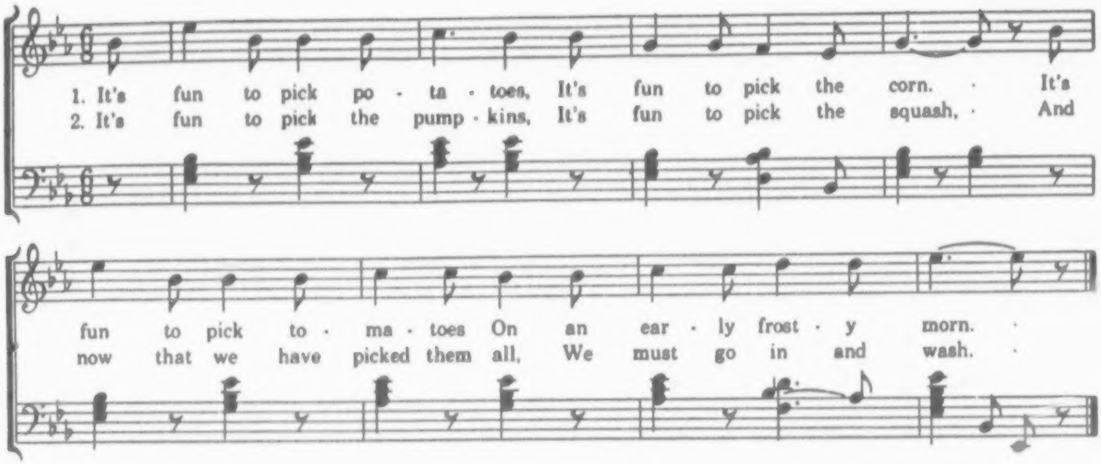
Outdoor Fun
Guess What I Am
On A Sunday Afternoon
Just A Minute
On And Around the Snow
What Do You Think

Vegetable Puppet Series. Vegetables and fruits are animated in these colourful story books for the very young. Plastic laminated pages.
Available from:

Educational Supply Company
105 Brisbane Road
DOWNSVIEW, Ontario

It's Fun to Pick Potatoes

Children's Song


1. It's fun to pick po - ta - toes, It's fun to pick the corn. It's fun to pick to - ma - toes On an ear - ly frost - y morn.
2. It's fun to pick the pump - kins, It's fun to pick the squash, And now that we have picked them all, We must go in and wash.

from The First Grade Book

TUNE: CLEMENTINE

Found a peanut, found a peanut,
Found a peanut last night!
Last night I found a peanut,
Found a peanut last night.

Broke it open, broke it open,
Broke it open last night!
Last night I broke it open,
Broke it open last night.

It was rotten, it was rotten . . .

Ate it anyway, ate it anyway . . .

Got a tummyache, got a tummyache . . .

Called the doctor, called the doctor . . .

Appendicitis, appendicitis . . .

Operation, operation . . .

Died anyway, died anyway . . .

Went to heaven, went to heaven . . .

Didn't want me, didn't want me . . .

Went the other way, went the other way . . .

Wouldn't take me, wouldn't take me . . .

Stayed anyway, stayed anyway . . .

Shovelled coal, shovelled coal . . .

Burnt my thumb, burnt my thumb . . .

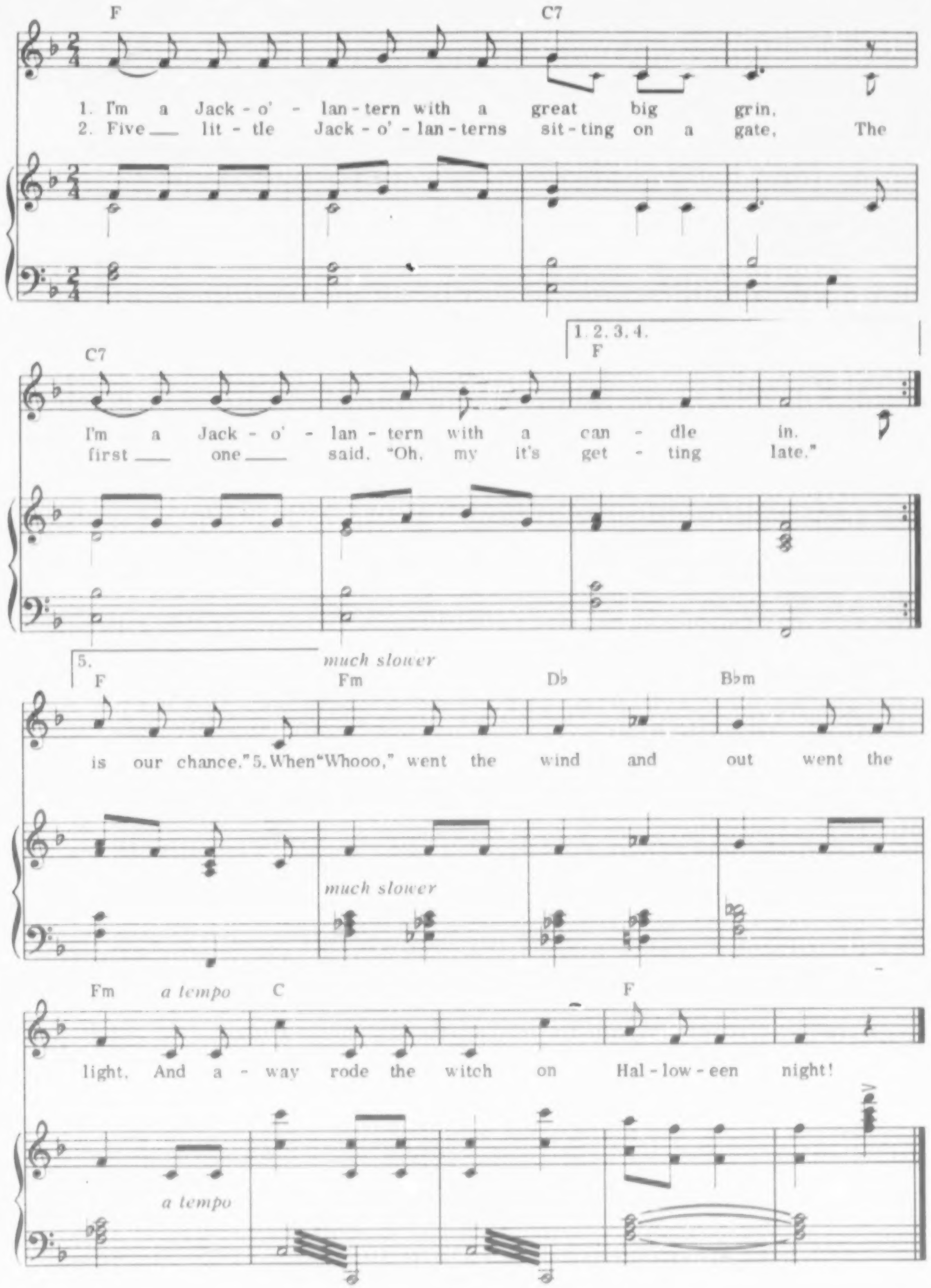
It was a dream, it was a dream . . .

from Sally Go Round the Sun

JACK-O-LANTERN

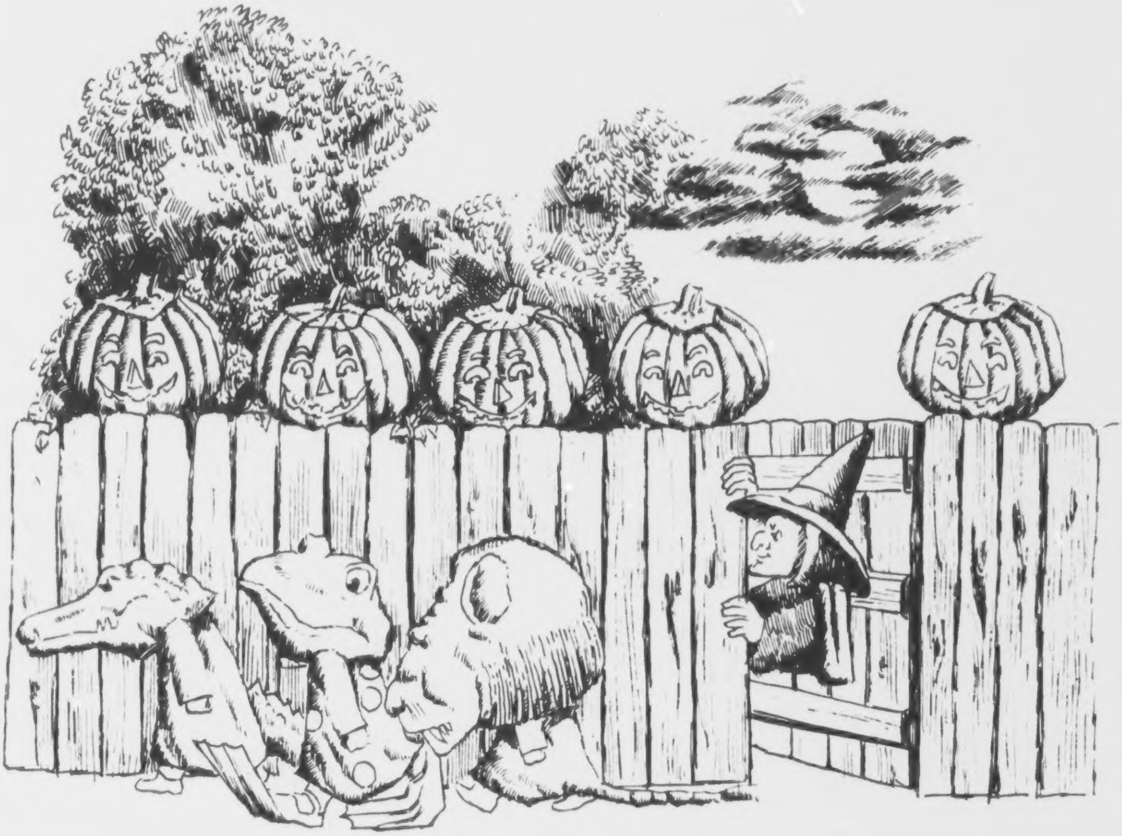
Medium tempo

Words: Anon. Music: Tom Glazer


F
C7
1. I'm a Jack-o'-lan-tern with a great big grin.
2. Five little Jack-o'-lan-terns sit-ting on a gate, The
C7
1. 2. 3. 4.
F
I'm a Jack-o'-lan-tern with a can-dle in.
first one said, "Oh, my it's get-ting late."
5.
F
much slower
Fm
D♭
B♭m
is our chance." 5. When "Whooo," went the wind and out went the
much slower
Fm
a tempo
C
F
light. And a-way rode the witch on Hal-low-een night!
a tempo

3. The second one said, "Let's have some fun."
The third one said, "Let's run, run, run."

4. The fourth one said, "Let's dance, let's prance."
The fifth one said, "Now is our chance."

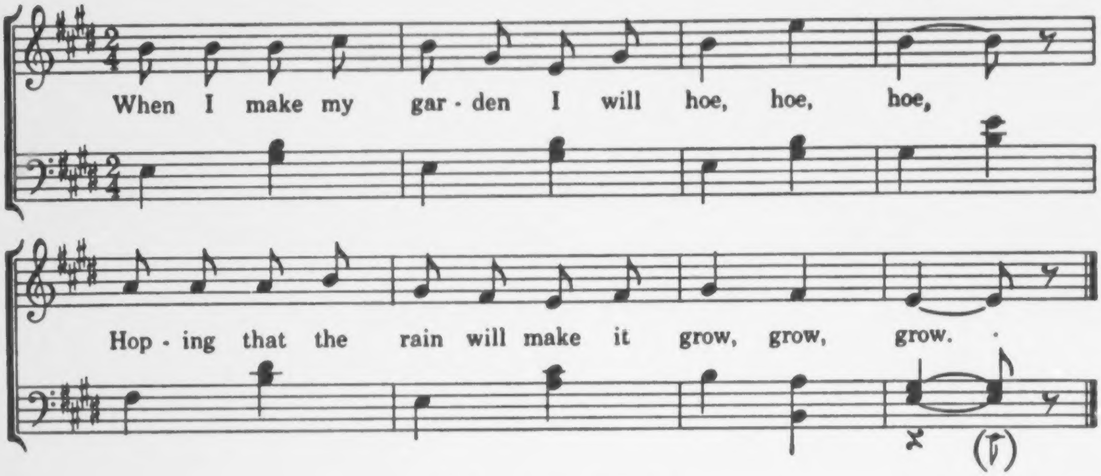


v. 1: Grin exaggeratedly, then stick a forefinger on the top of the head, still grinning.
v. 2: Raise left arm, left palm facing yourself, fingers together. Place heel of other hand atop first hand, palm outward, fingers spread out, fanwise. Then shake one forefinger admonishingly in rhythm, on second line of the verse.
v. 3: Raise two fingers and wave arm back and forth rhythmically; then three fingers similarly.
v. 4: Raise four fingers and waggle them. Raise five fingers, make a fist and thrust upward strongly.
v. 5: Make blowing motion with mouth; shut both eyes, then raise both arms outward, wiggling all fingers.

from *Eye Winker, Tom Tinker, Chin Chopper*

My Garden

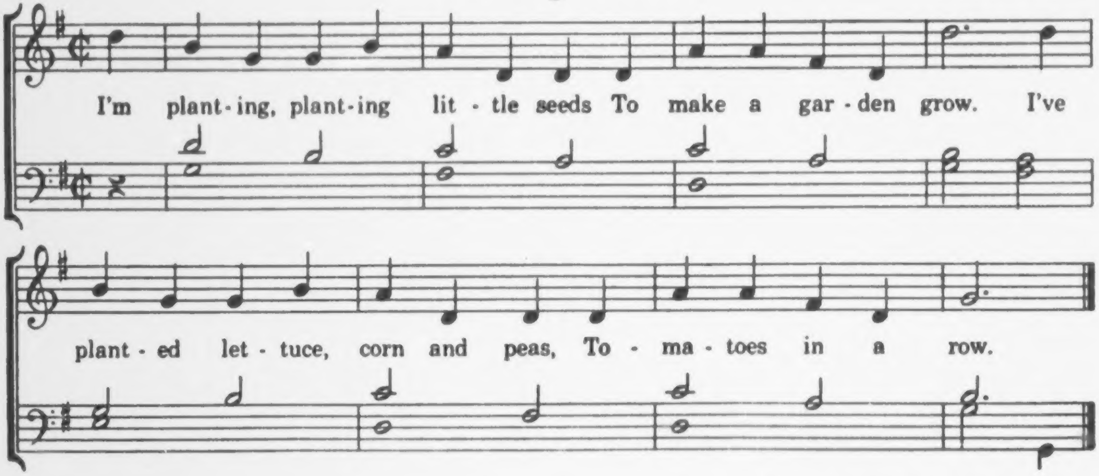
Kansas City School Children


When I make my gar - den I will hoe, hoe, hoe,
Hop - ing that the rain will make it grow, grow, grow.

Planting Seeds

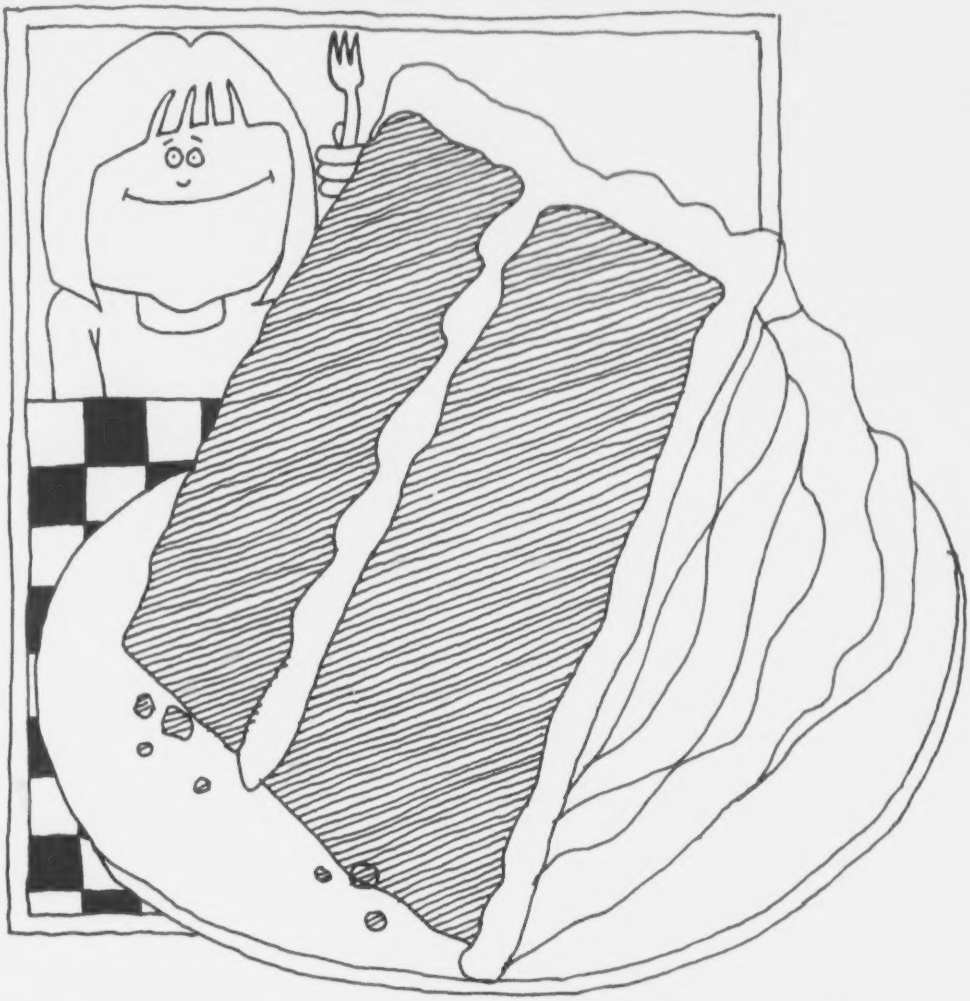
V. M. S.

Verna Meade Surer


I'm plant - ing, plant - ing lit - tle seeds To make a gar - den grow. I've
plant - ed let - tuce, corn and peas, To - ma - toes in a row.

from The First Grade Book

CAKES



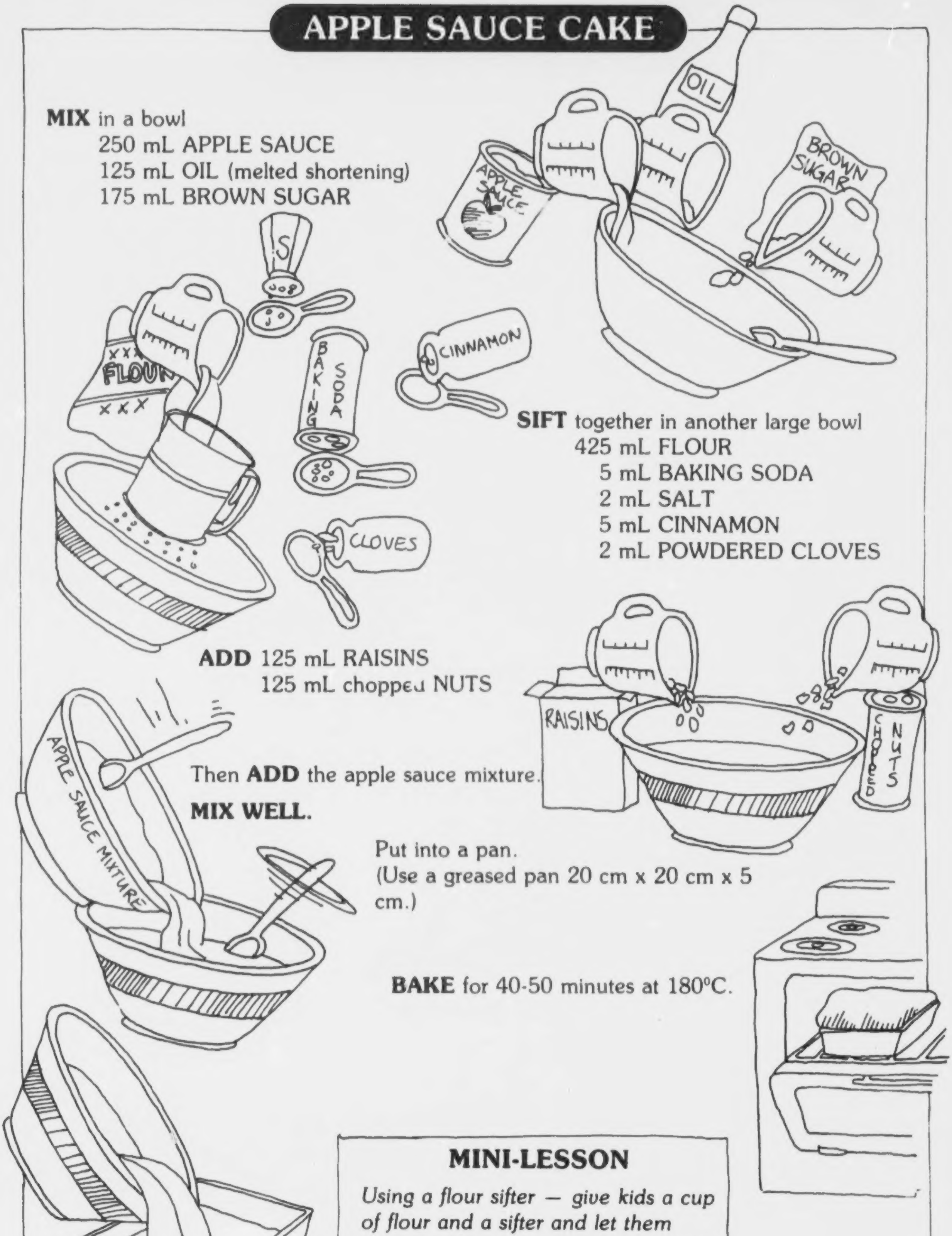
To begin you may wish to use a cake mix, particularly if you can't get fresh eggs.

Dried eggs work quite well, though the product may not be as high.

You can cook the mixture in
- aluminum pie plates
- individual paper cups
- muffin pan
- flat bottomed ice cream cones

To use an electric frying pan, line the pan with wax paper. Pour in the mixture. Set the Thermostat at 180°C and put on the lid. Open the vent to allow steam to escape. Cook for 20-30 minutes.

APPLE SAUCE CAKE


OIL
APPLE SAUCE
BROWN SUGAR
S
XXX
FLOUR
XXX
BAKING SODA
CINNAMON
CLOVES
RAISINS
CHOPPED NUTS
APPLE SAUCE MIXTURE

MIX in a bowl
250 mL APPLE SAUCE
125 mL OIL (melted shortening)
175 mL BROWN SUGAR

SIFT together in another large bowl
425 mL FLOUR
5 mL BAKING SODA
2 mL SALT
5 mL CINNAMON
2 mL POWDERED CLOVES

ADD 125 mL RAISINS
125 mL chopped NUTS

Then **ADD** the apple sauce mixture.

MIX WELL.

Put into a pan.
(Use a greased pan 20 cm x 20 cm x 5 cm.)

BAKE for 40-50 minutes at 180°C.

MINI-LESSON

Using a flour sifter — give kids a cup of flour and a sifter and let them practice. If you have some fine sand, you can use that too.

UPSIDEDOWN CAKE

oven

MELT 25 mL MARGARINE in a round cake pan.

ADD 50 mL BROWN SUGAR
25 mL CORN SYRUP

STIR 'til dissolved.

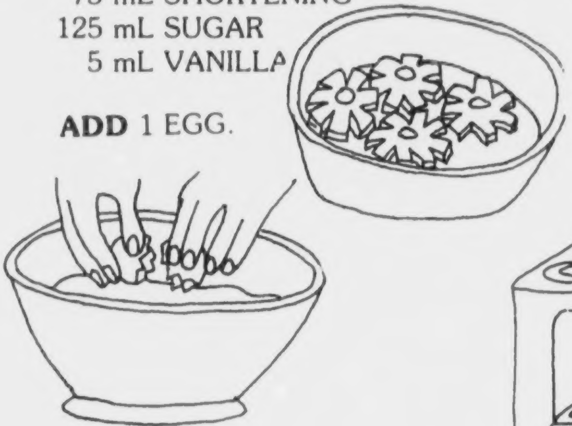
PLACE slices of drained PINEAPPLE rings in the bottom of the pan.

PUT CHERRIES in the holes.

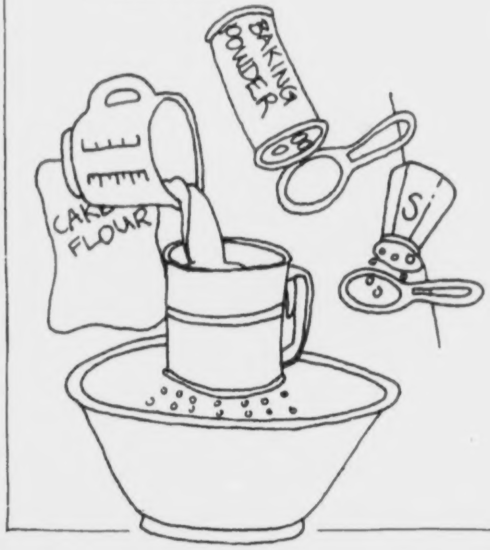
COVER the fruit with this batter:

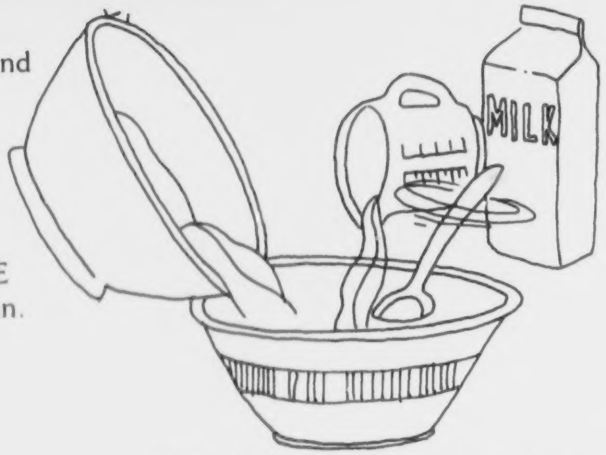
BEAT together
75 mL SHORTENING
125 mL SUGAR
5 mL VANILLA

ADD 1 EGG.



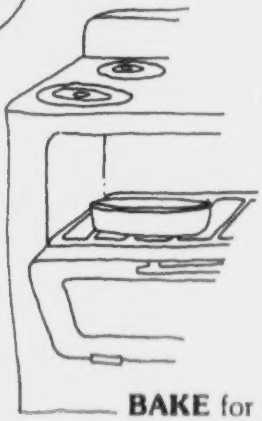
SIFT together
300 mL CAKE FLOUR
7 mL BAKING POWDER
2 mL SALT



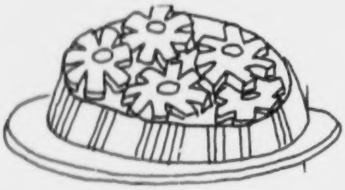


ADD this to the egg mixture alternately with 125 mL MILK or ORANGE JUICE.

MIX.



BAKE for 40-50 minutes at 200°C.



MINI-LESSONS

Draining canned fruit and vegetables — put appropriate equipment at the water table for kids to practise.

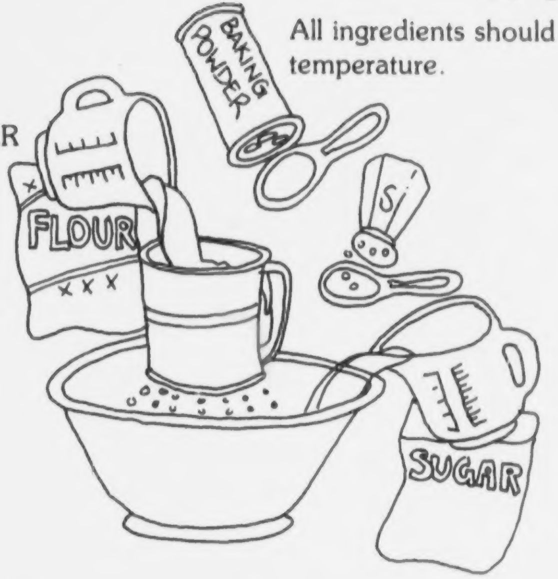
INVERT OVER A PLATE.

HURRY-UP CAKE

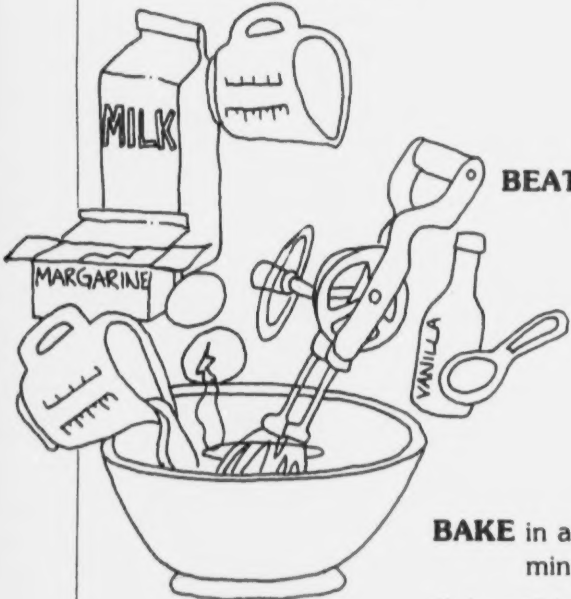
oven or electric
frying pan 180°C

All ingredients should be at room temperature.

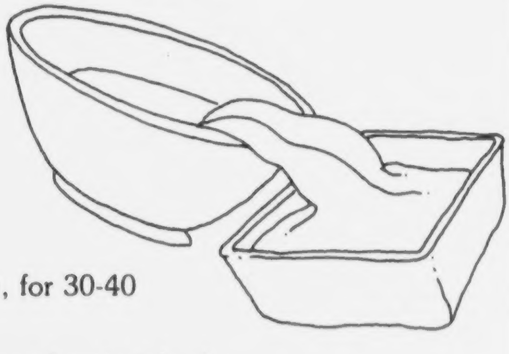
SIFT together
- 450 mL FLOUR
- 250 mL SUGAR
- 2 mL SALT
- 10 mL BAKING POWDER



ADD
- 125 mL soft MARGARINE
- 2 EGGS
- 175 mL MILK
- 5 mL VANILLA

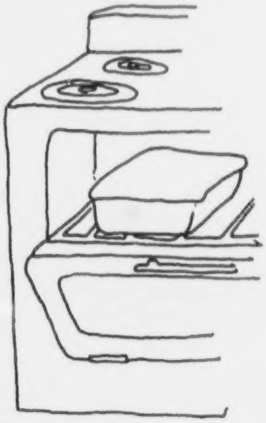


BEAT together very vigorously for 2 or 3 minutes (longer if using a spoon).



BAKE in a greased pan, for 30-40 minutes.

Cake will be firm on top and springs back when lightly touched. A toothpick will come out clean.



Variations

- Hurry-up Caramel: use
  BROWN SUGAR and add
  175 mL chopped NUTS
  175 mL chopped DATES
- Cocoa: reduce the FLOUR 75 mL and
  add 75 mL COCOA

Spice: add 5 mL CINNAMON
2 mL CLOVES

ICE THE CAKE WHEN COOL.

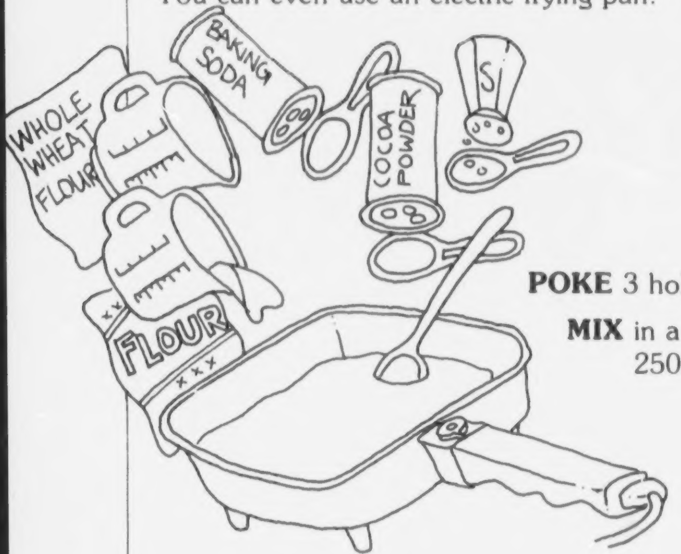
PUDDLE CAKE

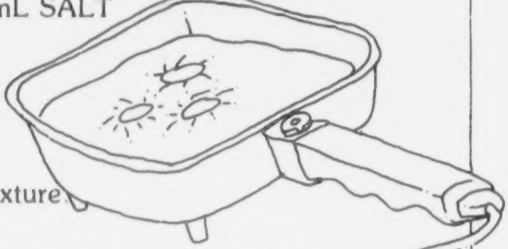
You can mix and cook this in the same pan — 23 x 33 cm.

You can even use an electric frying pan.

oven or electric frying pan, 170°C

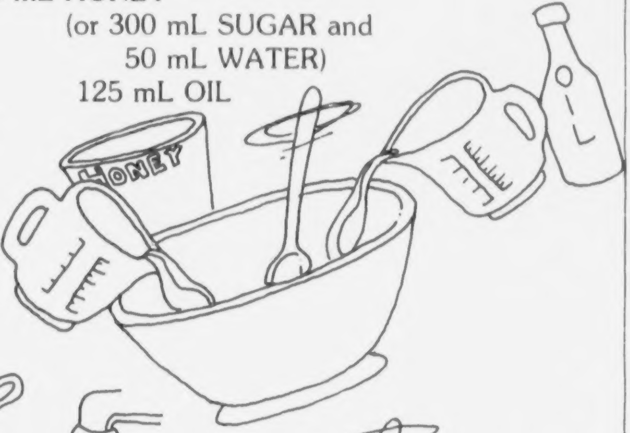
MIX together in the pan
250 mL WHITE FLOUR
250 mL WHOLE WHEAT FLOUR
50 mL COCOA POWDER
10 mL BAKING SODA
2 mL SALT


WHOLE WHEAT FLOUR
BAKING SODA
COCOA POWDER
S
FLOUR
xxx



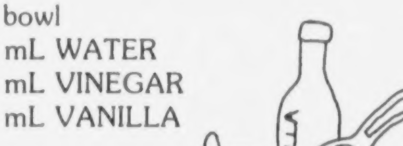
POKE 3 holes in the mixture.

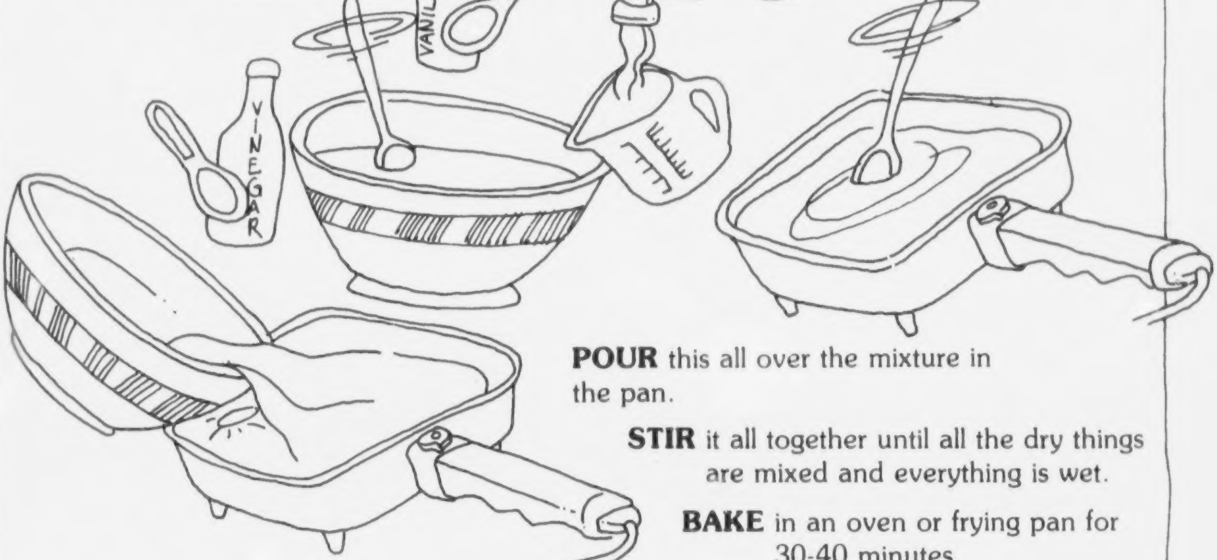
MIX in a bowl
250 mL HONEY
(or 300 mL SUGAR and
50 mL WATER)
125 mL OIL



POUR some of this mixture into each hole.

MIX in a bowl
250 mL WATER
30 mL VINEGAR
15 mL VANILLA





POUR this all over the mixture in the pan.

STIR it all together until all the dry things are mixed and everything is wet.

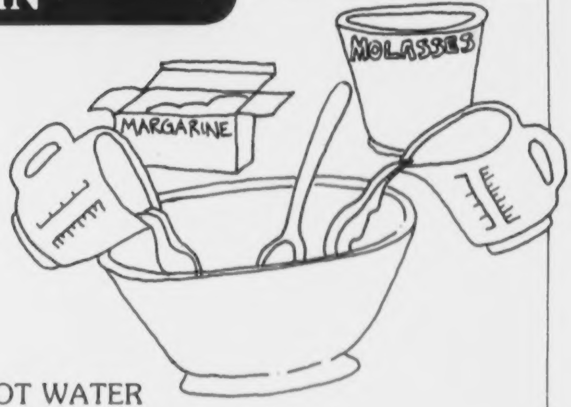
BAKE in an oven or frying pan for 30-40 minutes.

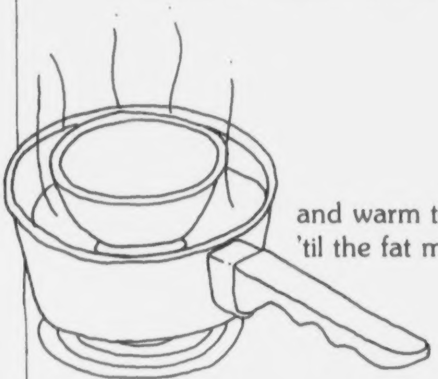
SERVE the cake from the pan.

PARKIN

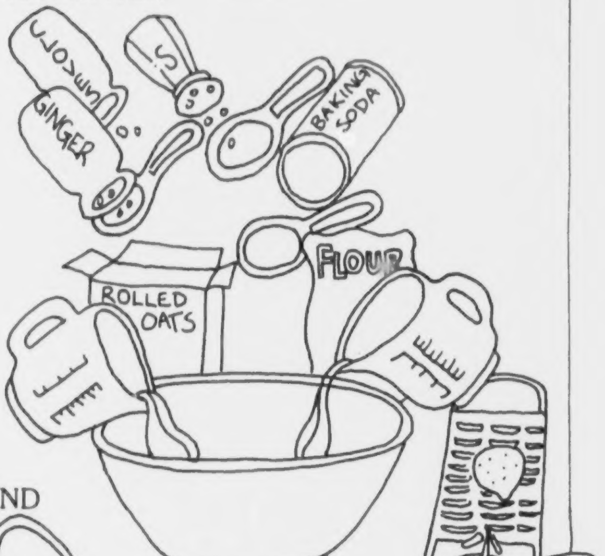
oven 180°C

MIX 125 mL BUTTER or MARGARINE
175 mL TREACLE (MOLASSES)

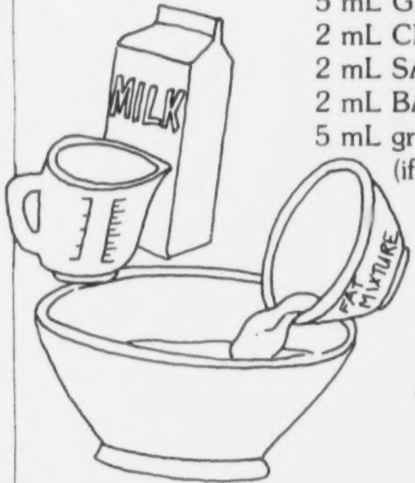

MOLASSES
MARGARINE

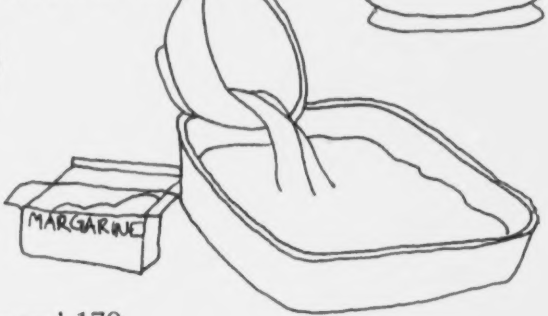


and warm the bowl over HOT WATER 'til the fat melts.


CINNAMON
S
GINGER
BAKING SODA
FLOUR
ROLLED OATS

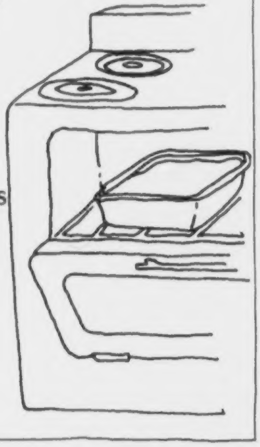
MIX in a bowl
175 mL ROLLED OATS
250 mL FLOUR
15 mL SUGAR
5 mL CINNAMON
5 mL GINGER
2 mL CLOVES
2 mL SALT
2 mL BAKING SODA
5 mL grated LEMON RIND
(if you have it)


MILK
FAT MIXTURE



ADD the melted butter mixture and 170 mL MILK alternately to this. The batter will be runny.

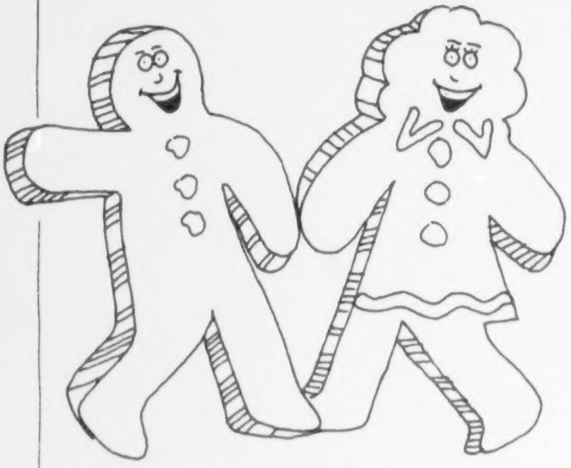
BAKE in a greased pan for 30-40 minutes, or until the cake begins to pull away from the sides.



MINI-LESSON

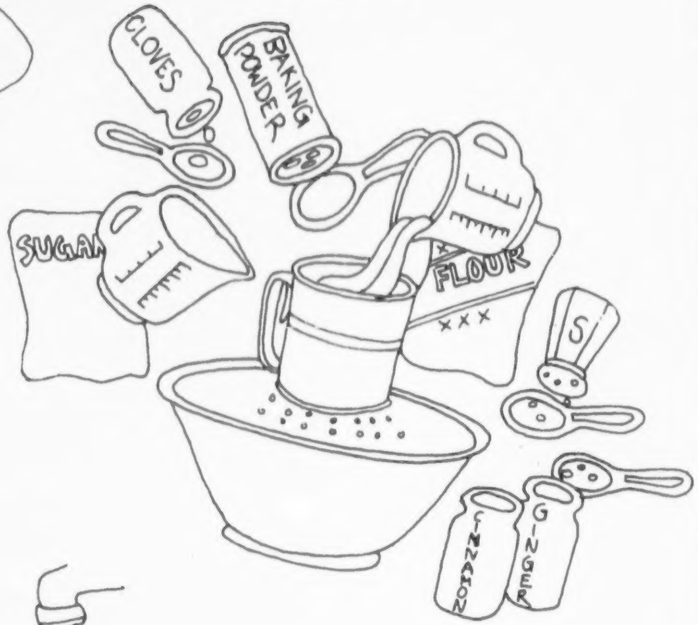
Using a grater — grate fresh vegetables, lemon or orange peels, cheese.

GINGERBREAD



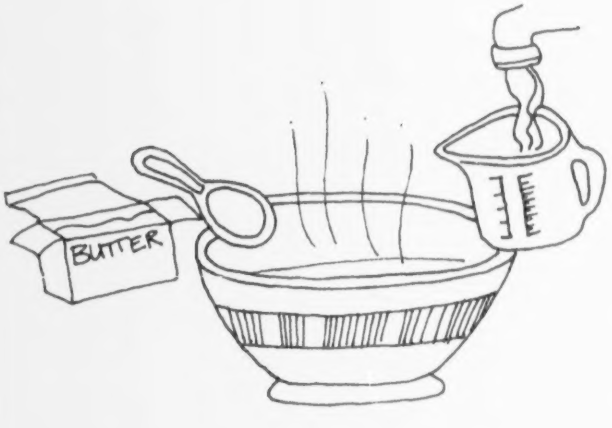
oven 170°C

SIFT together in a bowl
375 mL FLOUR
100 mL SUGAR
10 mL BAKING POWDER
5 mL GINGER
5 mL CINNAMON
2 mL CLOVES
1 mL SALT


CLOVES
BAKING POWDER
SUGAR
FLOUR
S
CINNAMON
GINGER

In another bowl,

MIX 125 mL boiling WATER.
60 mL BUTTER

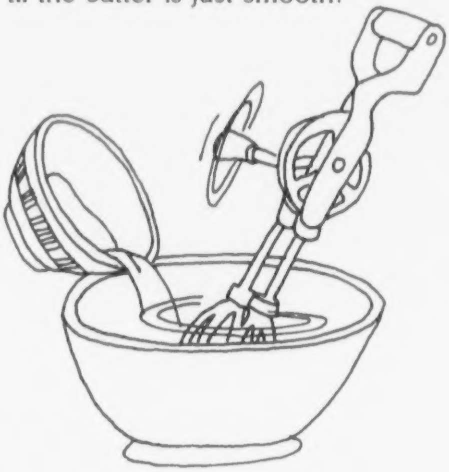


When the butter melts,

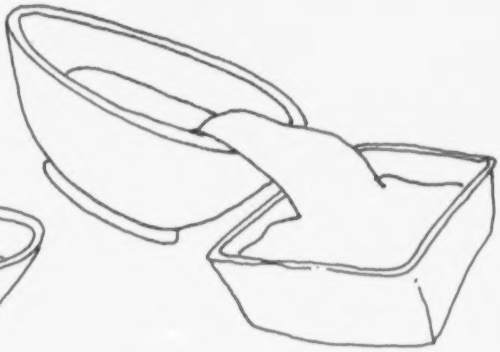
ADD 125 mL MOLASSES.

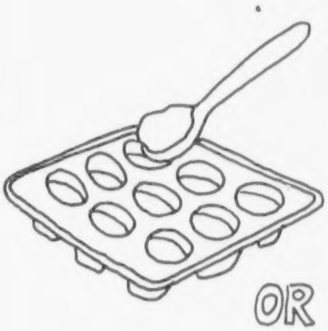
STIR the liquids into the flour mixture.

BEAT 'til the batter is just smooth.

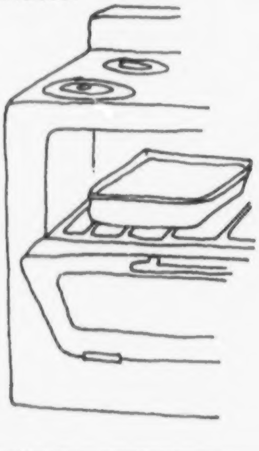


SPREAD in 20 cm x 20 cm pan and
BAKE for 35 minutes.





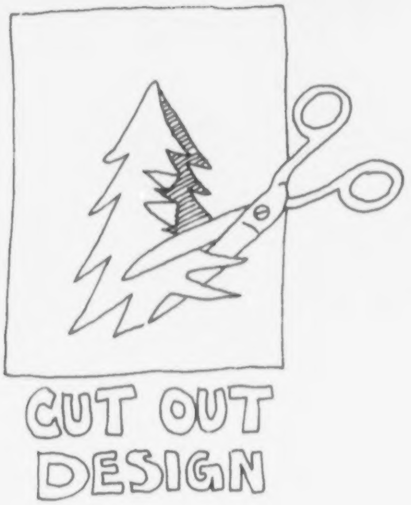
BAKE in 12 muffin pans (paper cups)
for 15 minutes.



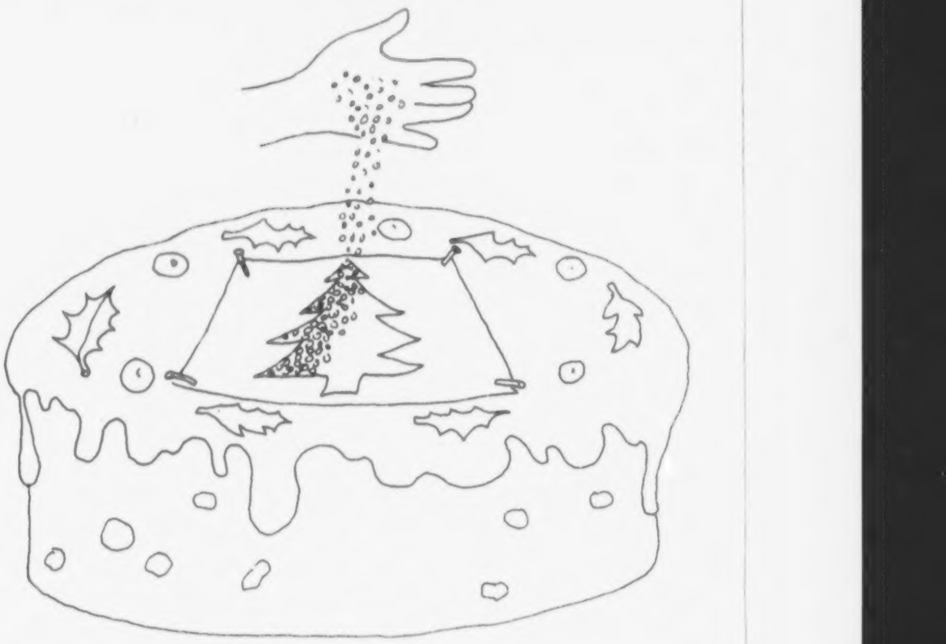
LOVELY SERVED WITH
APPLE SAUCE.

or use it for upside-down cake mixture.

TOPPINGS FOR CAKES


CUT OUT
DESIGN

1. Make a cut-out paper mat. Set it over the cake and sprinkle lavishly with SUGAR. Remove the mat. You can colour the sugar first if you like.

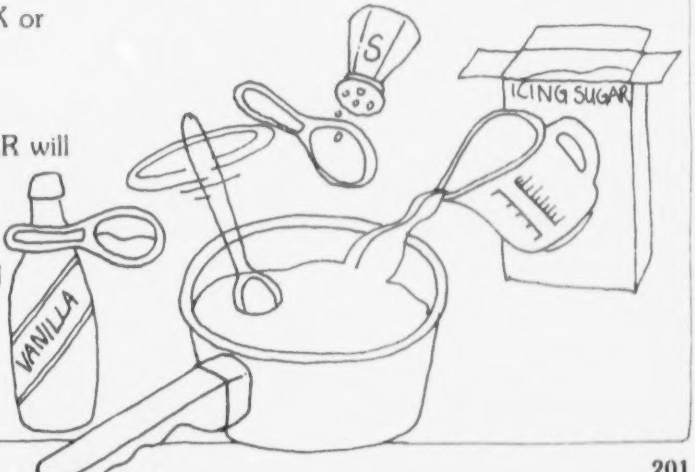


2. **MIX** 500 mL ICING SUGAR
50 mL soft MARGARINE

BEAT in 30-60 mL MILK or
CREAM.

A few drops of boiling WATER will help.

FLAVOUR with VANILLA, LEMON
or ORANGE JUICE.


S
ICING SUGAR
VANILLA

3. HONEY-PEANUT BUTTER ICING

BOIL together
30 ml SHORTENING
30 mL MARGARINE
50 mL HONEY

MARGARINE
SUGAR
MILK

REMOVE from heat.

ADD 125 mL coarsely chopped
PEANUTS (or COCONUT).

You can spread this on a warm cake.

To ice cup cakes when cold... *will ice 3-4 doz.*

BOIL together for 3 minutes
250 mL SUGAR
125 mL MARGARINE
125 mL MILK

REMOVE from heat.

ADD 325 mL ICING SUGAR
2 mL SALT
2 mL VANILLA
few drops COLOURING

DIP the surface of the cake into the icing and **SWIRL AROUND**, or put the cake on a fork and dip it in.

VERY EASY FOR LITTLE COOKS.

(Makes lots of tasty fingers to lick!)

ACTIVITIES

Starches contain sugar. Try this: Chew a soda cracker and hold it in your mouth for five minutes. Can you taste any change?

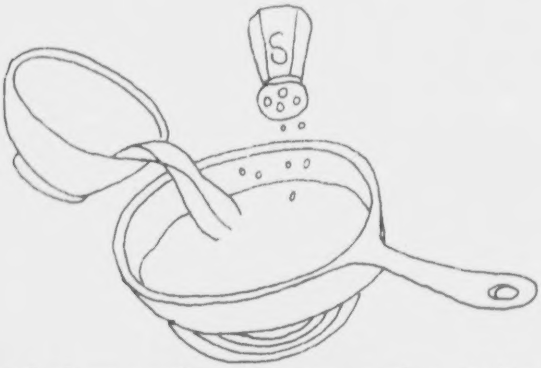
What happens if you leave cookies uncovered? Why does this happen? What is the best way to store cookies to keep them fresh?

Have a bake sale — use the money to buy more ingredients for your cooking classes.

Compare cost, time and taste, by baking a package cake and one 'from scratch'.

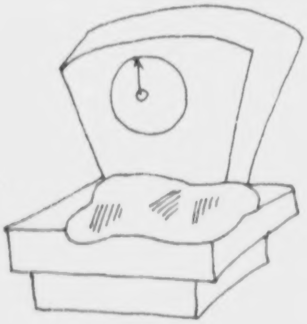
How many different kinds of cookies are sold at your store? Count them. Make a graph.

Make up your very own cookie recipe. Name it.



Stained glass cookies: Prepare a plain cookie mix and roll it into thin strips. Make a design on foil on a cookie sheet. Now break up lollipops and sprinkle the pieces into the spaces between the dough. Bake at 190°C for 8-10 minutes. Cool, then peel off the foil when the dough is firm.

If you want to hang some of the cookies for decorations, push a little hole into the dough while it is still warm and soft. You can press little sticks into the cookies if you want to, too — before you bake them or while they are still warm.



JELL-O
FRUIT
FLAVORED

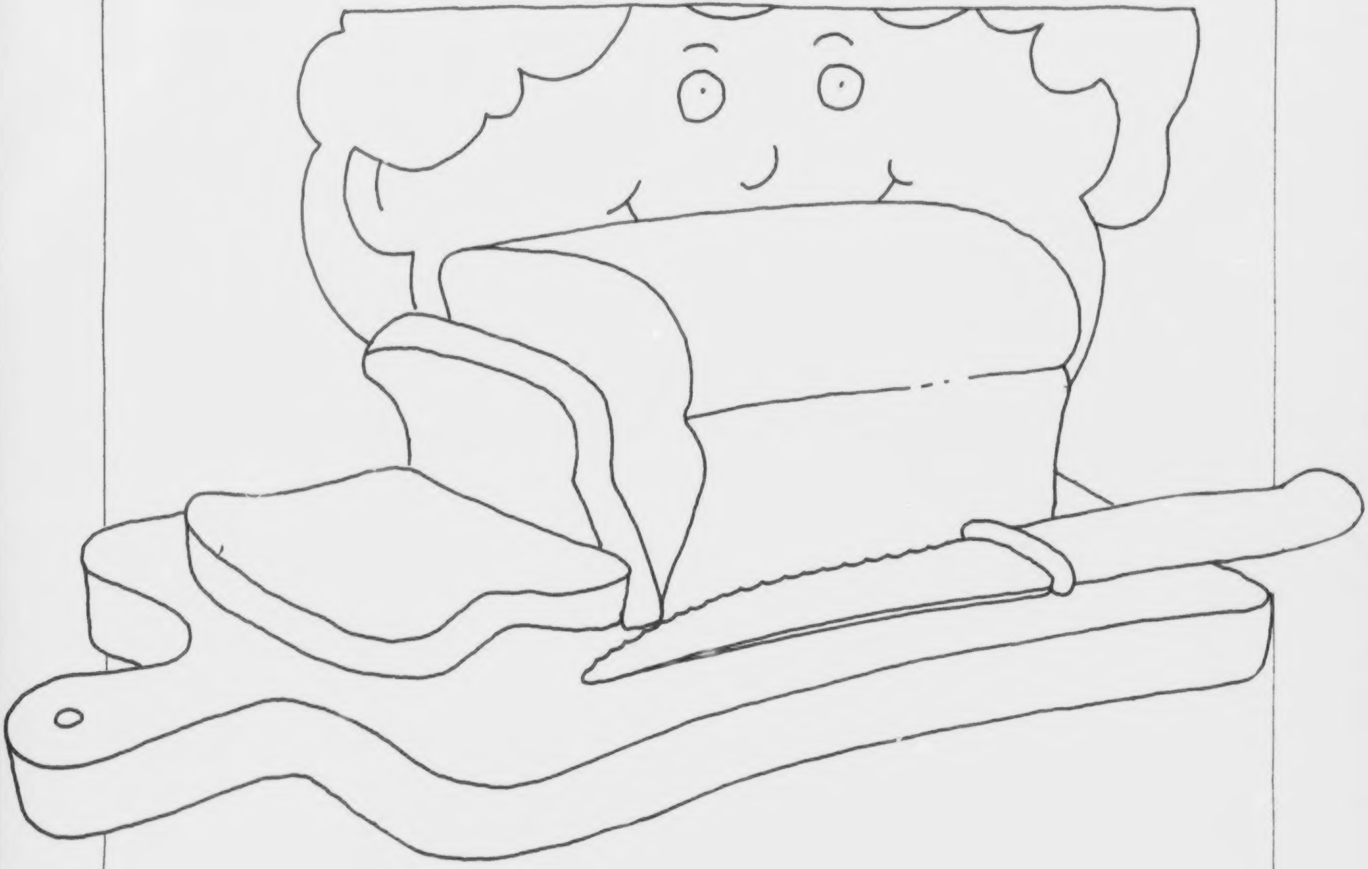
Let your imagination decorate cakes and cookies — but don't ruin a nutritious recipe with globs of sugar and possibly harmful food colouring. There are many tasty fruit and vegetable products that can be used instead.

BOOKS

In The Night Kitchen, Maurice Sendak. Harper & Row
Distributed by Fitzhenry & Whiteside Limited
150 Lesmill Road
DON MILLS, Ontario

The Gingerbread Boy

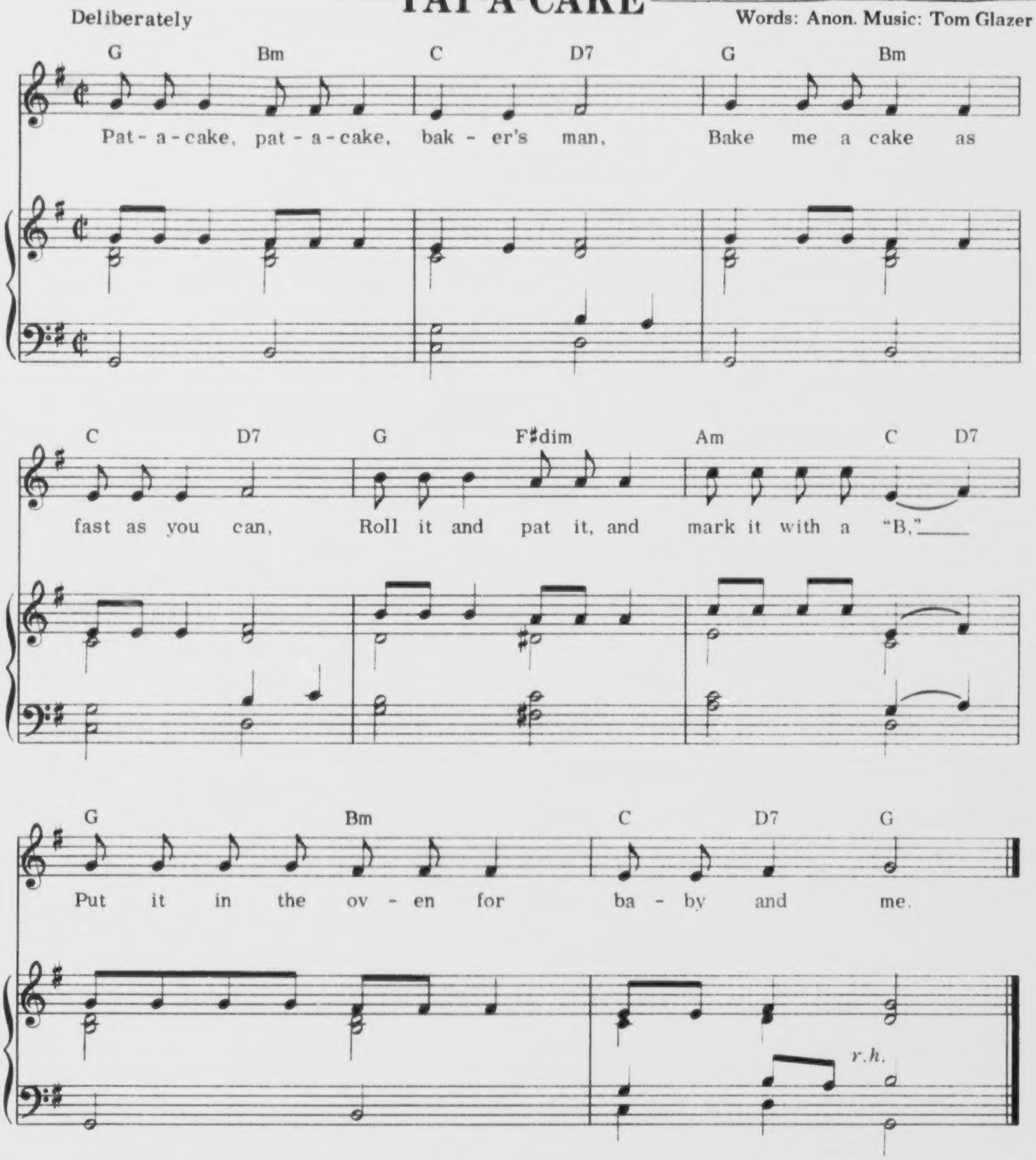
Cookie Monster Stories from Sesame Street



For additional activities, see the BREAD section.

PAT-A-CAKE

Words: Anon. Music: Tom Glazer

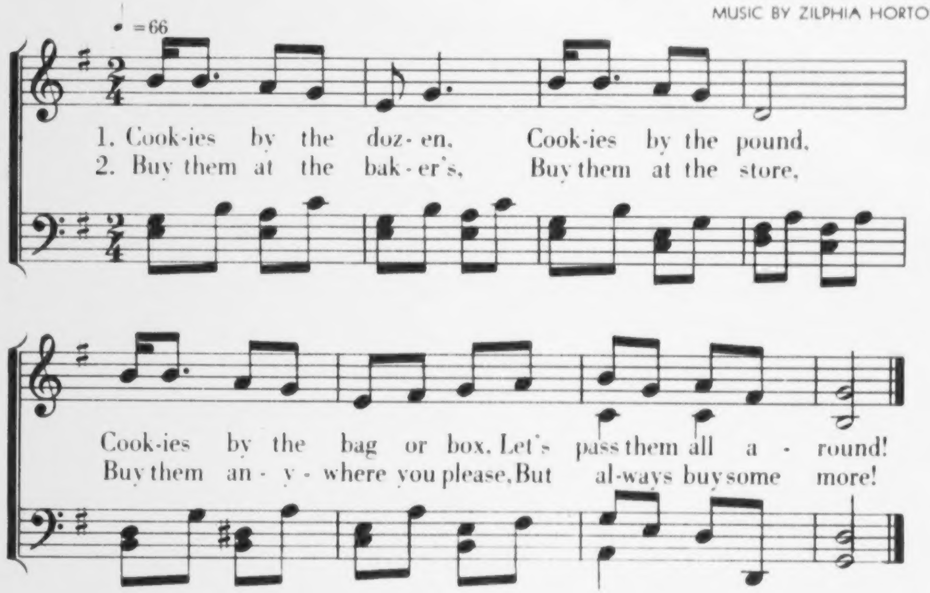

Deliberately
G Bm C D7 G Bm
Pat-a-cake, pat-a-cake, bak-er's man, Bake me a cake as
C D7 G F♯dim Am C D7
fast as you can, Roll it and pat it, and mark it with a "B,"
G Bm C D7 G
Put it in the ov-en for ba-by and me.
r.h.

Can be done alone or in pairs with one child (or adult) moving the hands of the other, viz.: pat the hands twice in the first measure, on the first and third beat; three times in the second measure, on the first, second, and third beat, following the tune. The same with measures three and four. Make a rolling motion on "roll it," then a pat and write "B", then throw arms out on last line.

from *Eye Winker, Tom Tinker, Chin Chopper*

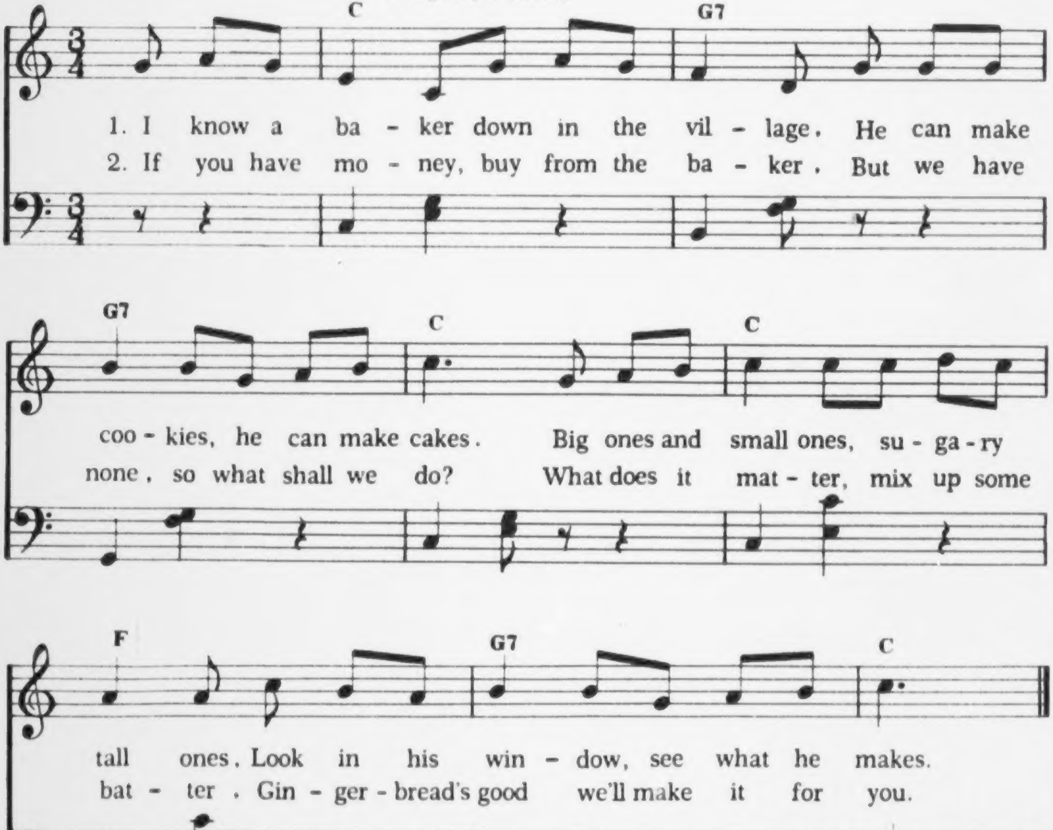
Cookies

WORDS BY MAY JUSTUS
MUSIC BY ZILPHIA HORTON


♩ =66
1. Cook-ies by the doz- en. Cook-ies by the pound,
2. Buy them at the bak - er's, Buy them at the store,
Cook-ies by the bag or box. Let's pass them all a - round!
Buy them an - y - where you please, But al-ways buy some more!

I Know A Baker

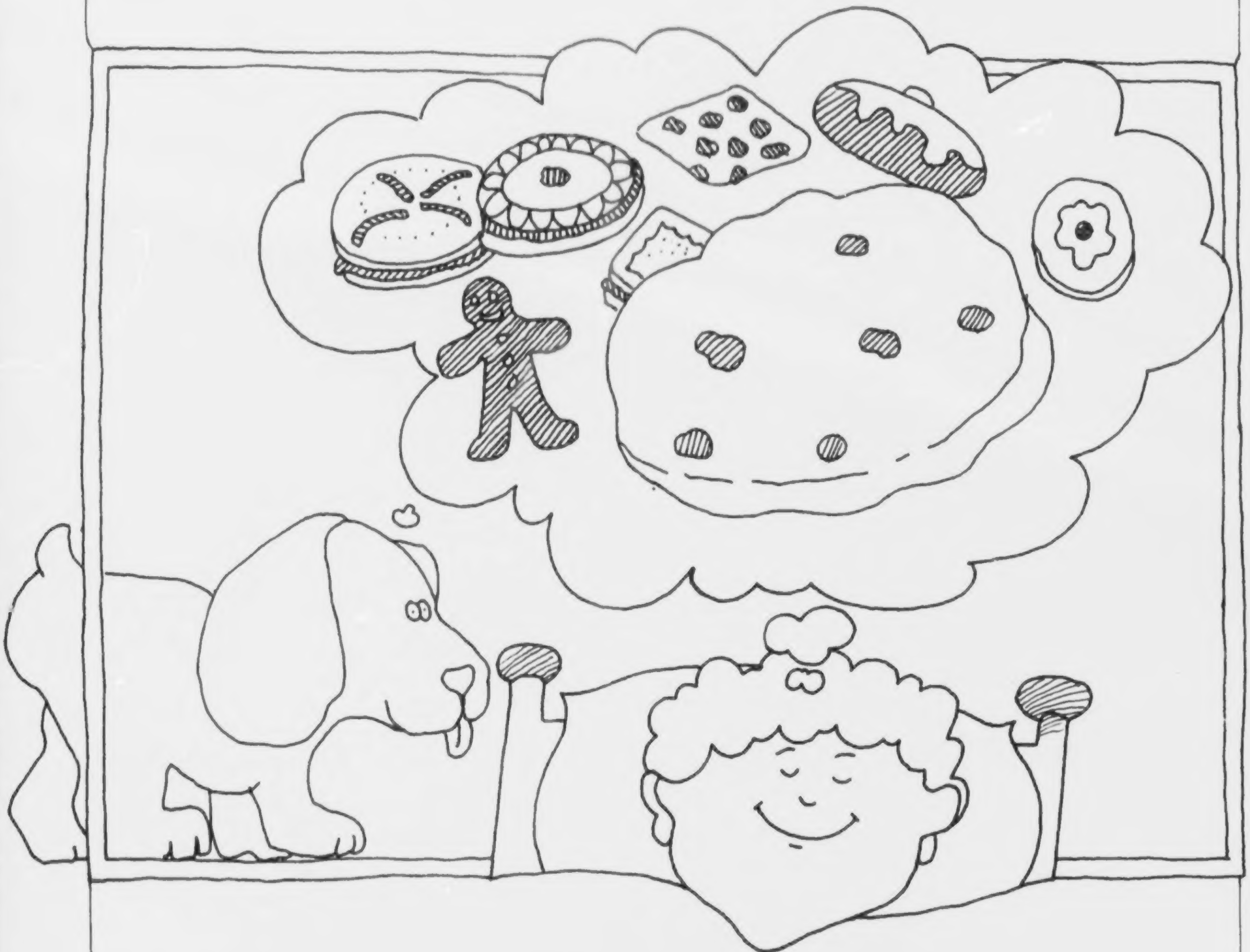
Words adapted from the
Norwegian by S. Loveland


C
G7
1. I know a ba - ker down in the vil - lage. He can make
2. If you have mo - ney, buy from the ba - ker. But we have
G7
C
C
coo - kies, he can make cakes. Big ones and small ones, su - ga - ry
none, so what shall we do? What does it mat - ter, mix up some
F
G7
C
tall ones. Look in his win - dow, see what he makes.
bat - ter. Gin - ger - bread's good we'll make it for you.

Sweet things have a place, too.

It's very difficult, if not impossible, to cut sweet things completely out of a child's diet. However, cut down on sugar as much as possible and try substituting nutritional sweet things for the usual junk foods.

If including sweet things in a meal, it's best to serve them at the end.



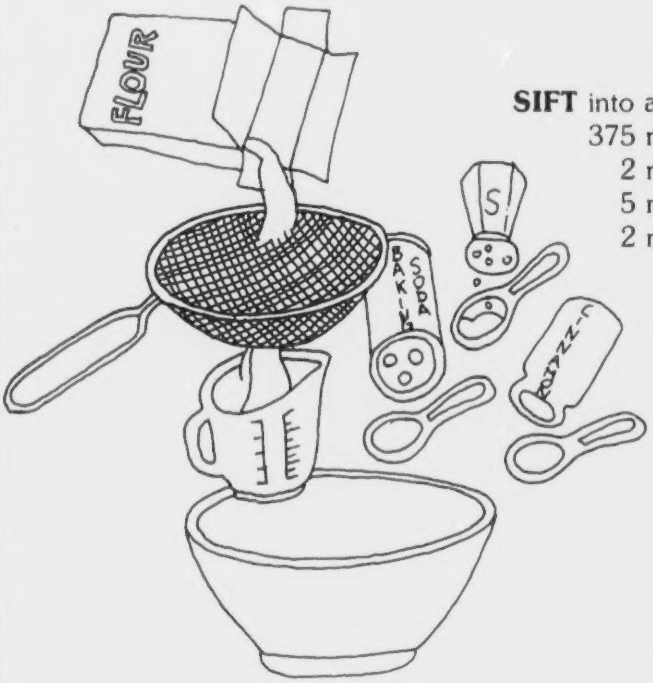
COOKIES

COOKIES

Here's an OATMEAL COOKIE which you can make come out just the way you like it — thick or thin, small or large!

about 60 cookies

oven 180°C

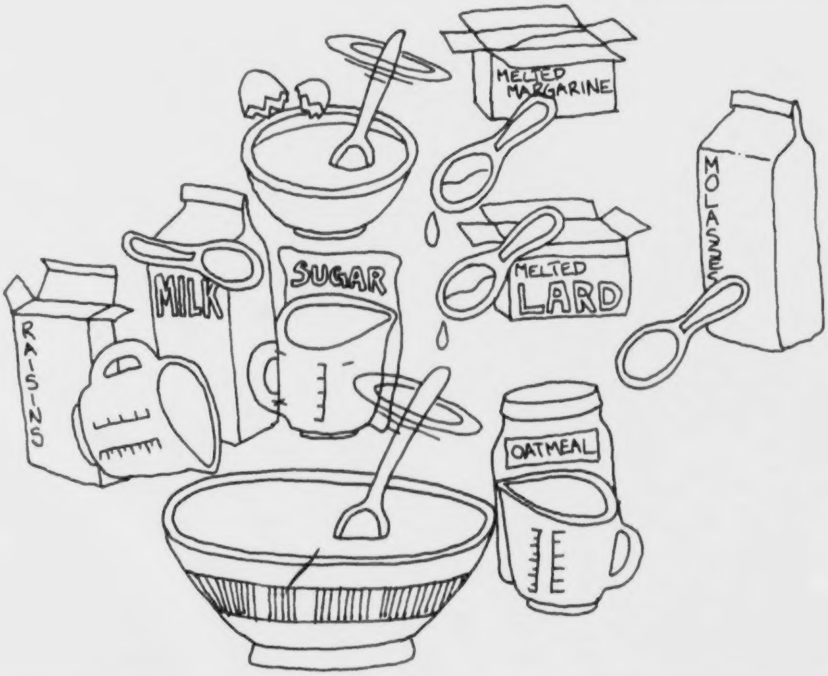

FLOUR
S
BAKING SODA

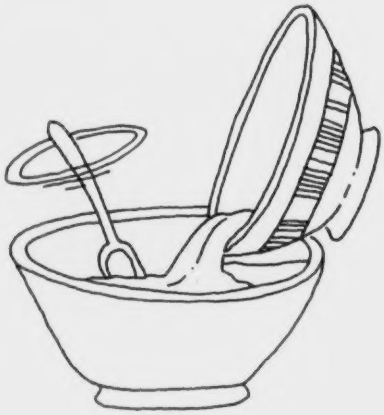
SIFT into a bowl

375 mL	FLOUR
2 mL	BAKING SODA
5 mL	CINNAMON
2 mL	SALT

MIX

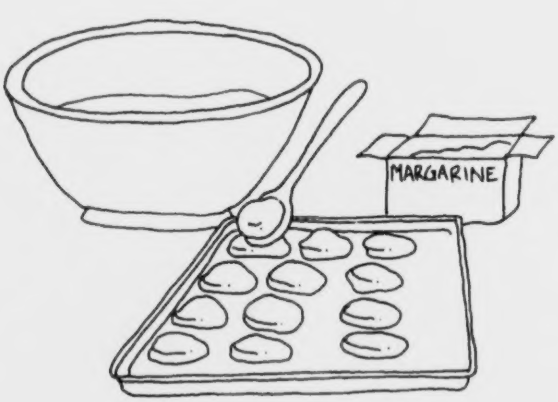
1	EGG, beaten
250 mL	SUGAR
125 mL	melted MARGARINE
125 mL	melted LARD
15 mL	MOLASSES
50 mL	MILK
375 mL	OATMEAL
250 mL	seeded RAISINS or nutmeats cut fine (or combination of both)


MELTED MARGARINE
MOLASSES
MILK
SUGAR
MELTED LARD
RAISINS
OATMEAL



ADD to the dry mixture.

DROP by teaspoonfuls on a greased cookie sheet.



BAKE for 12 minutes at 180°C — 'til edges are brown.

For thicker cookies, increase the FLOUR to 425 mL and the OATMEAL to 500 mL.

MINI-LESSONS

Using a flour sifter.

Beating eggs.

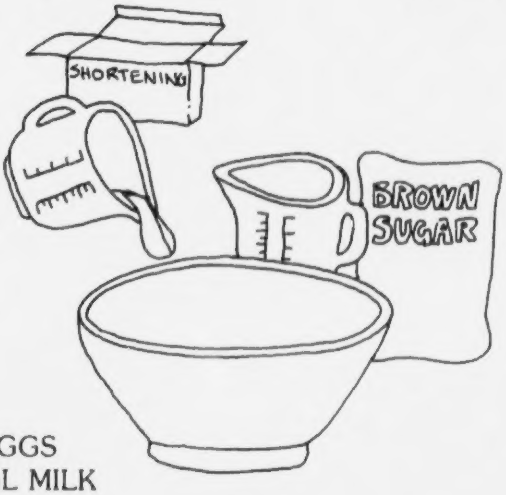
Greasing pans is worth considerable attention, too.

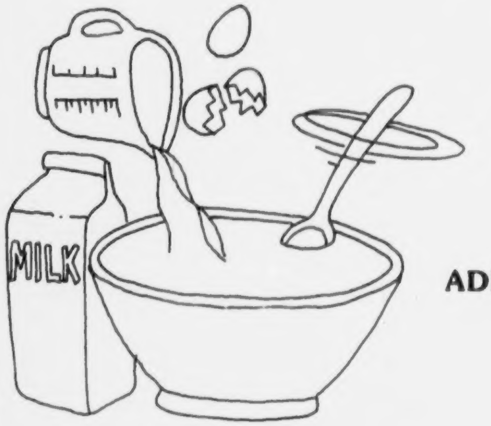
If you can get soy flour and brewers yeast and wheat germ, try this.

about 50 cookies

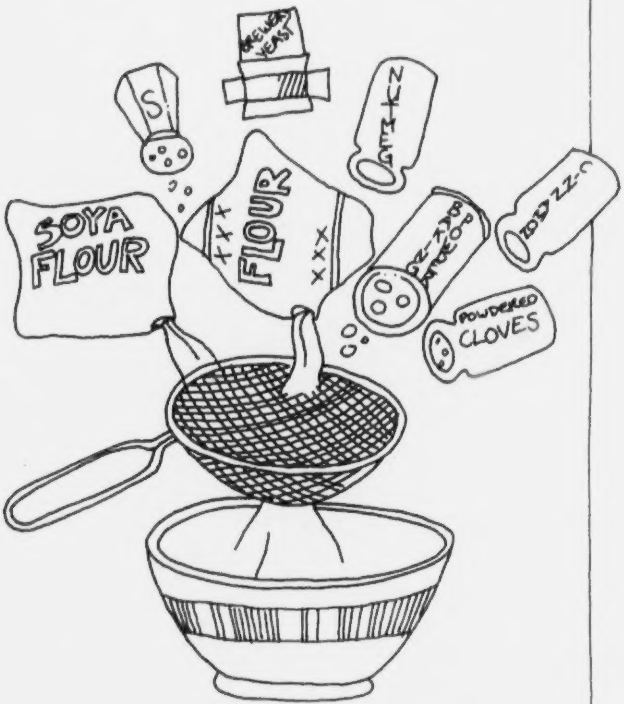
oven 180°C

CREAM together
175 mL SHORTENING
250 mL BROWN SUGAR

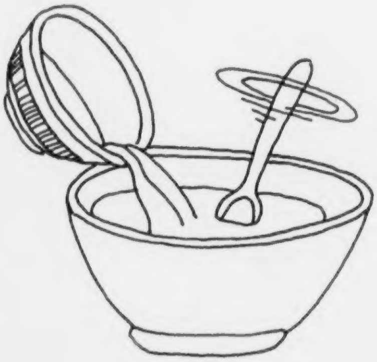

SHORTENING
BROWN SUGAR



ADD 2 EGGS
75 mL MILK

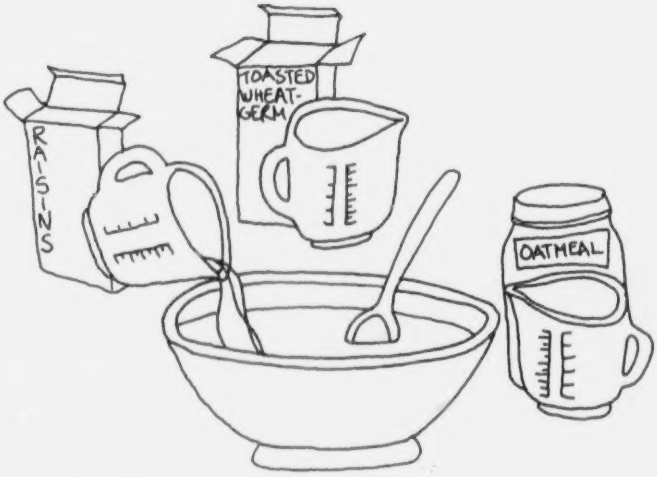

BREWERS YEAST
S
SOYA FLOUR
FLOUR
XXX
XXX
POWDERED CLOVES

In another bowl, **SIFT** together
175 mL FLOUR
50 mL SOY FLOUR
30 mL BREWERS YEAST
5 mL BAKING POWDER
2 mL SALT
10 mL CINNAMON
5 mL NUTMEG
pinch POWDERED CLOVES

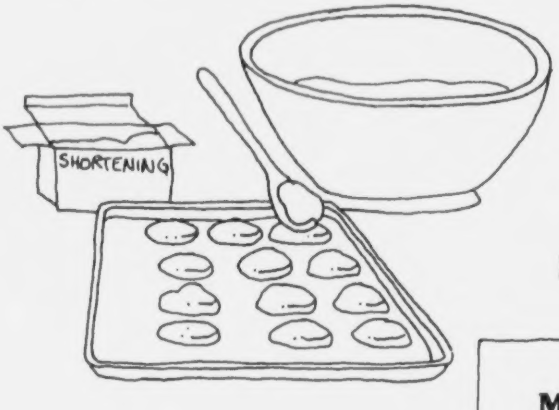


ADD this to the first mixture.

Now **ADD** 250 mL RAISINS
50 mL TOASTED WHEAT GERM
500 mL OATMEAL


RAISINS
TOASTED WHEAT-GERM
OATMEAL

Arrange on greased cookie sheets.


SHORTENING

BAKE about 10 minutes.

MINI-LESSONS

Creaming ingredients will take some practice.

Focus on this process in at least one lesson before attempting a recipe that involves this and many other steps.

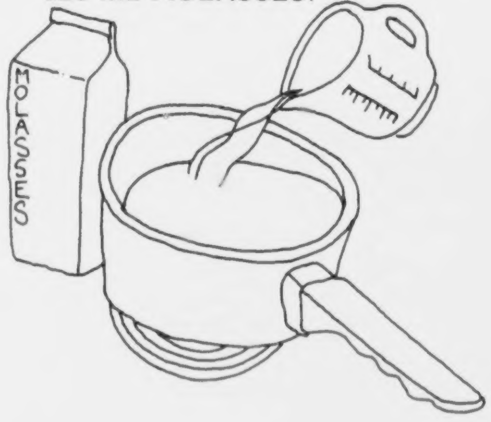
Toast some wheat germ, coconut, nuts, etc.

Sprinkle on a pudding or fruit for a simple, nutritious snack.

SPICE COOKIES

makes 40 cookies *oven 190°C*

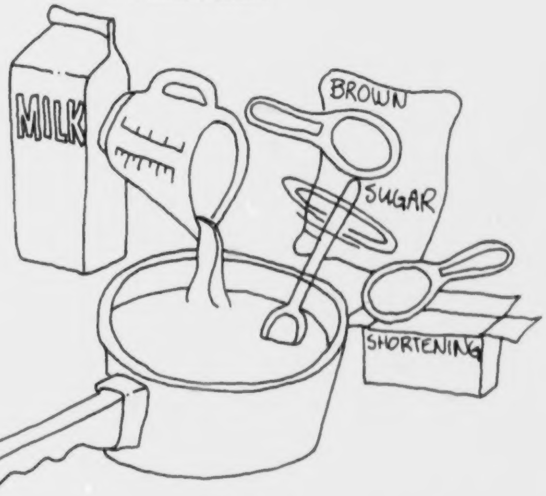
HEAT in a pan, 'til boiling,
125 mL MOLASSES.



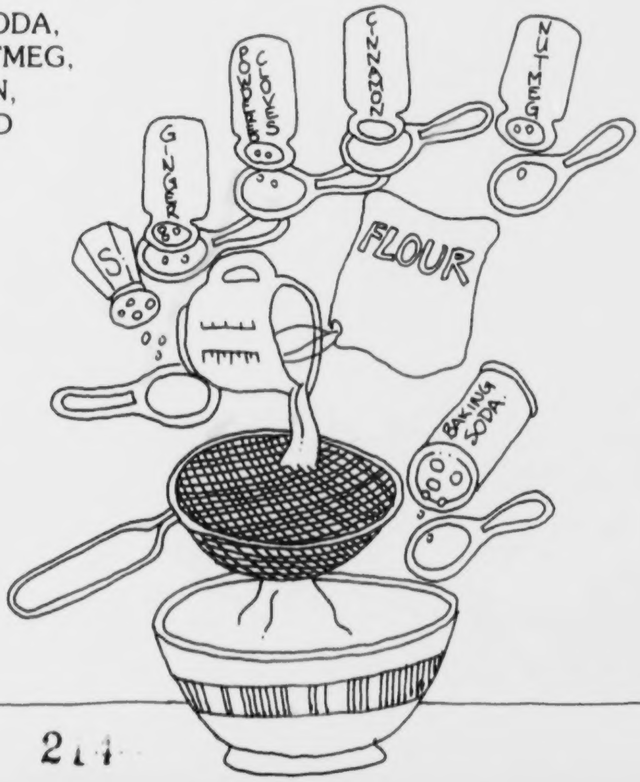
BE CAREFUL!

REMOVE from heat.

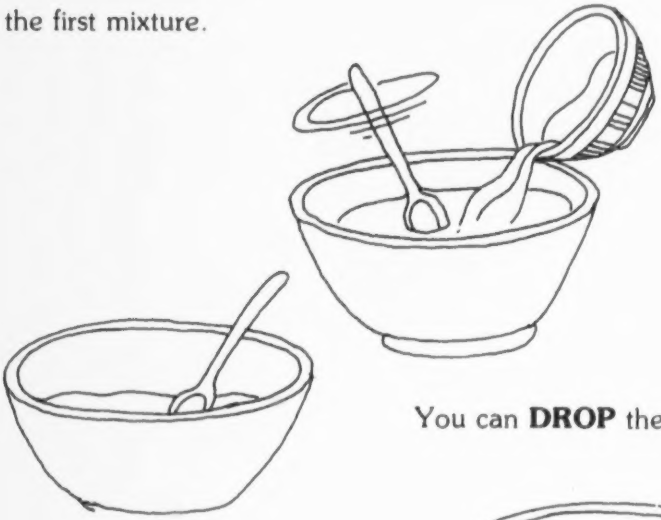
ADD 50 mL BROWN SUGAR
50 mL BUTTER or SHORTENING
50 mL MILK


MILK
BROWN
SUGAR
SHORTENING

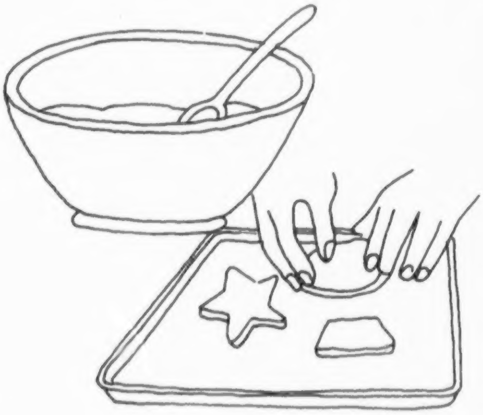
SIFT together
500 mL FLOUR
2 mL each of BAKING SODA,
SALT, NUTMEG,
CINNAMON,
POWDERED
CLOVES,
GINGER


GINGER
POWDERED CLOVES
CINNAMON
NUTMEG
S
FLOUR
BAKING SODA

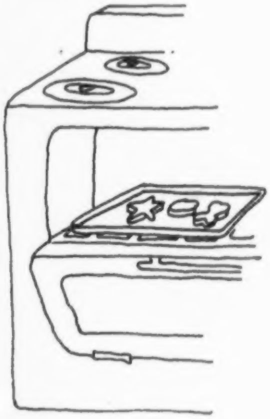
ADD this to the first mixture.



You can **DROP** them or **SHAPE** them.



BAKE for about 10-15 minutes.



Then eat them plain or fill them with fruit or ice cream.

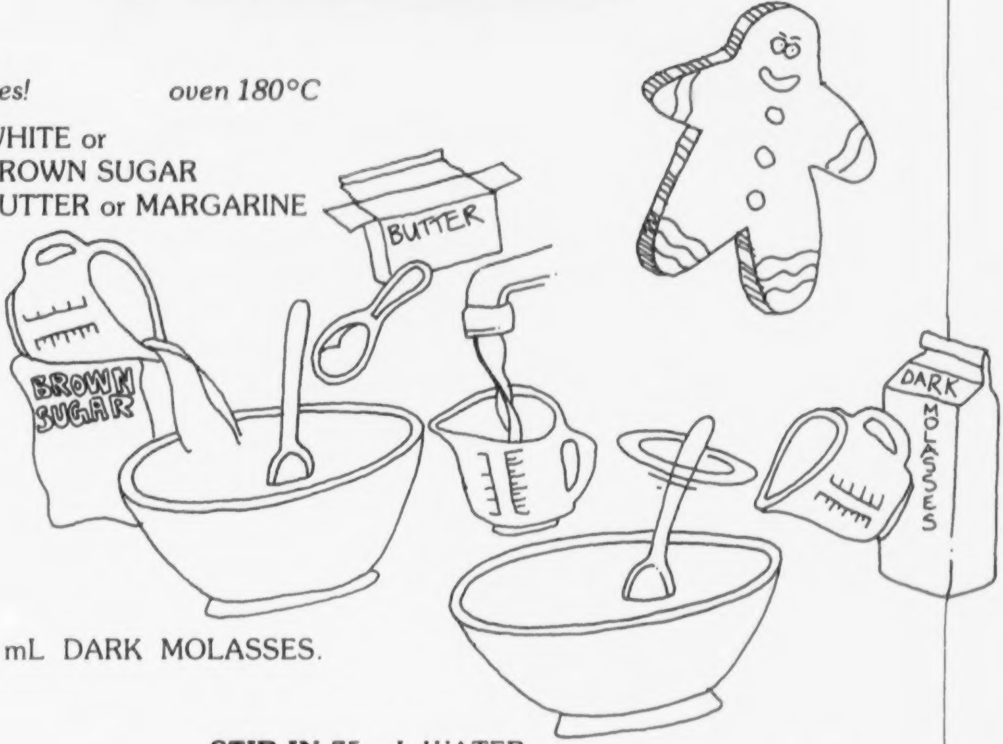
MINI-LESSON

If you like, use as play dough for practising building and shaping dough.

GINGERBREAD MEN

8 long, fat men
or 16 thinner ones! *oven 180°C*

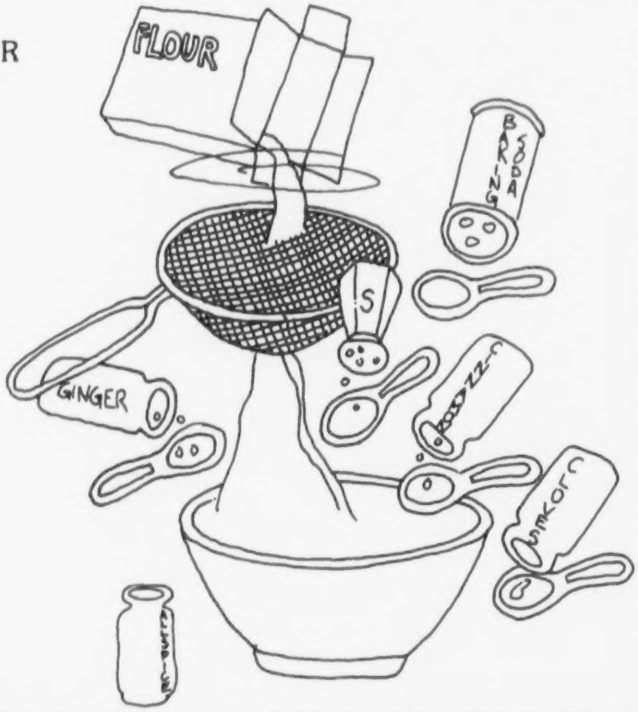
MIX 125 mL WHITE or
BROWN SUGAR
50 mL BUTTER or MARGARINE


BUTTER
BROWN SUGAR
DARK MOLASSES

BEAT IN 175 mL DARK MOLASSES.

STIR IN 75 mL WATER.

SIFT together
- 875 mL ALL PURPOSE FLOUR
- 5 mL BAKING SODA
- 2 mL CLOVES
- 2 mL CINNAMON
- 2 mL GINGER
- 2 mL SALT
- 2 mL ALLSPICE

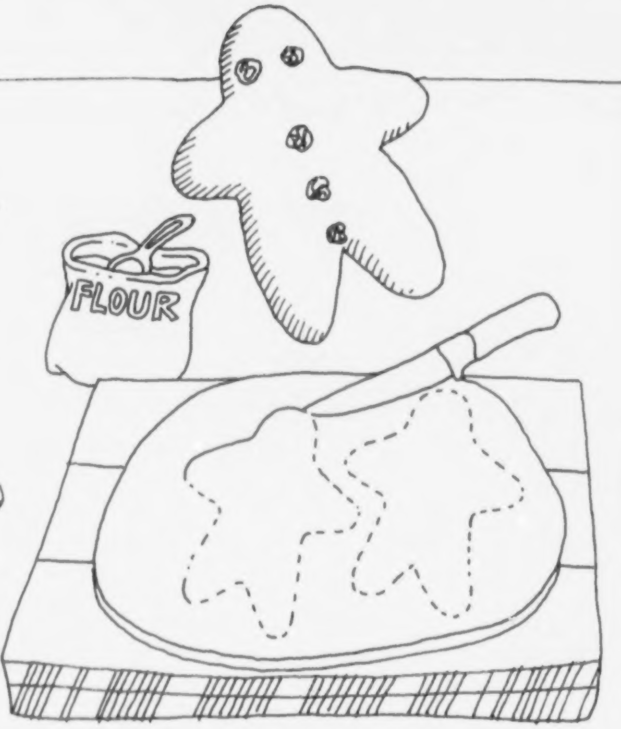

FLOUR
BAKING SODA
S
GINGER

ADD this, in 3 parts, to the fat mixture.

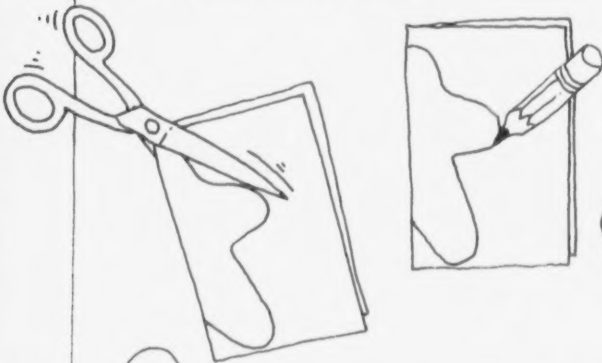
Take balls of dough and model with hands.

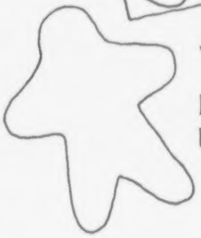
Put the shapes on a greased pan.

Be sure to stick the parts together by overlapping and pressing well.



ROLL OUT dough on a lightly floured surface.



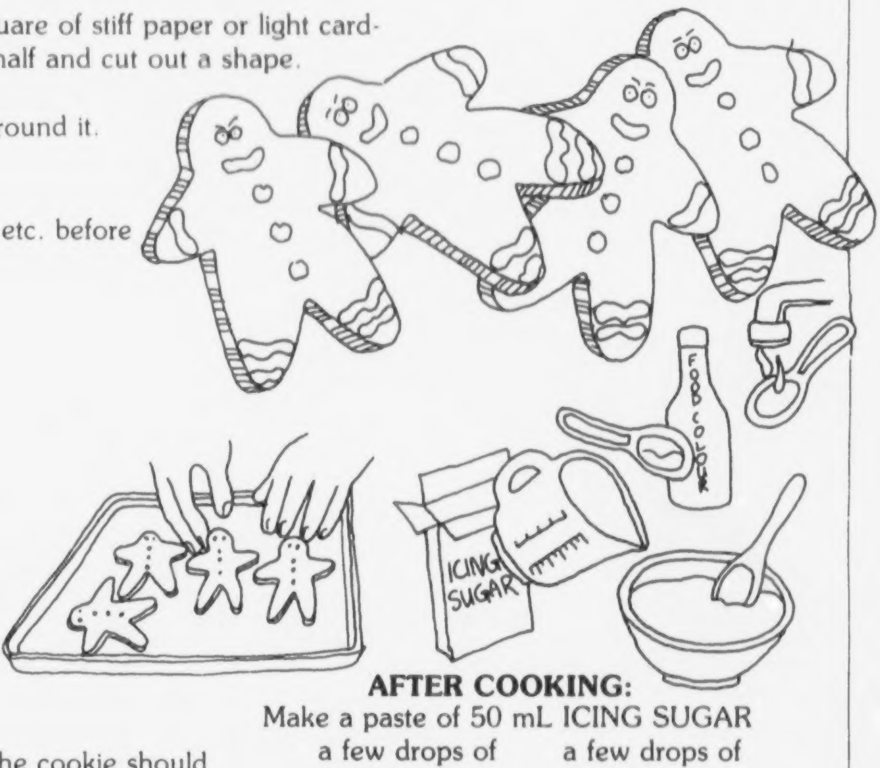


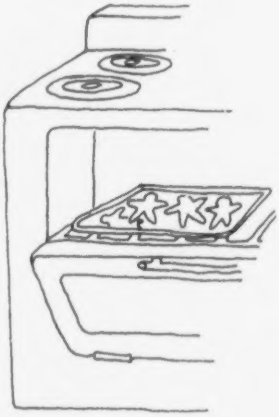
You can make your own pattern:

Fold a square of stiff paper or light cardboard in half and cut out a shape.

Cut around it.

Decorate with currants etc. before cooking.





BAKE for 8 minutes. The cookie should spring back when pressed.

COOL on a rack.

AFTER COOKING:

Make a paste of 50 mL ICING SUGAR
a few drops of COLOURING
a few drops of WATER

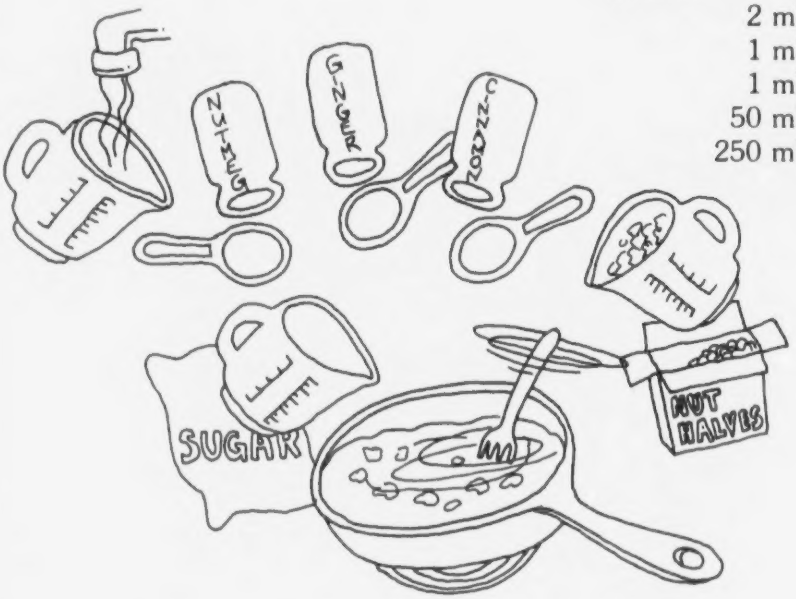
Apply the icing with a toothpick for hair, shoes, etc.

SWEET NUTS

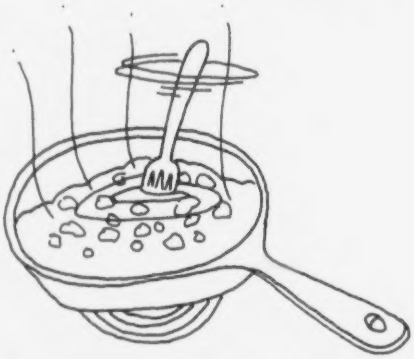
no oven

In a cast iron frying pan

STIR in 100 mL SUGAR
2 mL CINNAMON
1 mL GINGER
1 mL NUTMEG
50 mL WATER
250 mL NUT HALVES

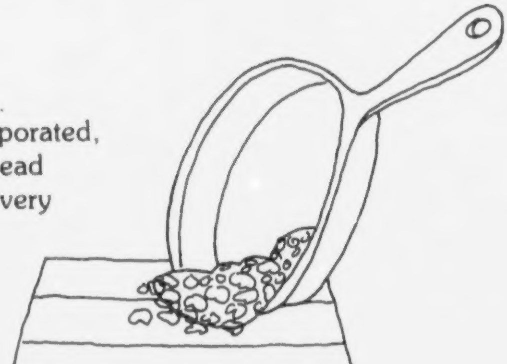

NUTMEG
GINGER
CINNAMON
SUGAR
NUT HALVES

COOK about 8-10 minutes over **MEDIUM HEAT.**



STIR CONSTANTLY.

When nearly all the water is evaporated, pour contents onto a wooden bread board. Be CAREFUL! They are very HOT!!



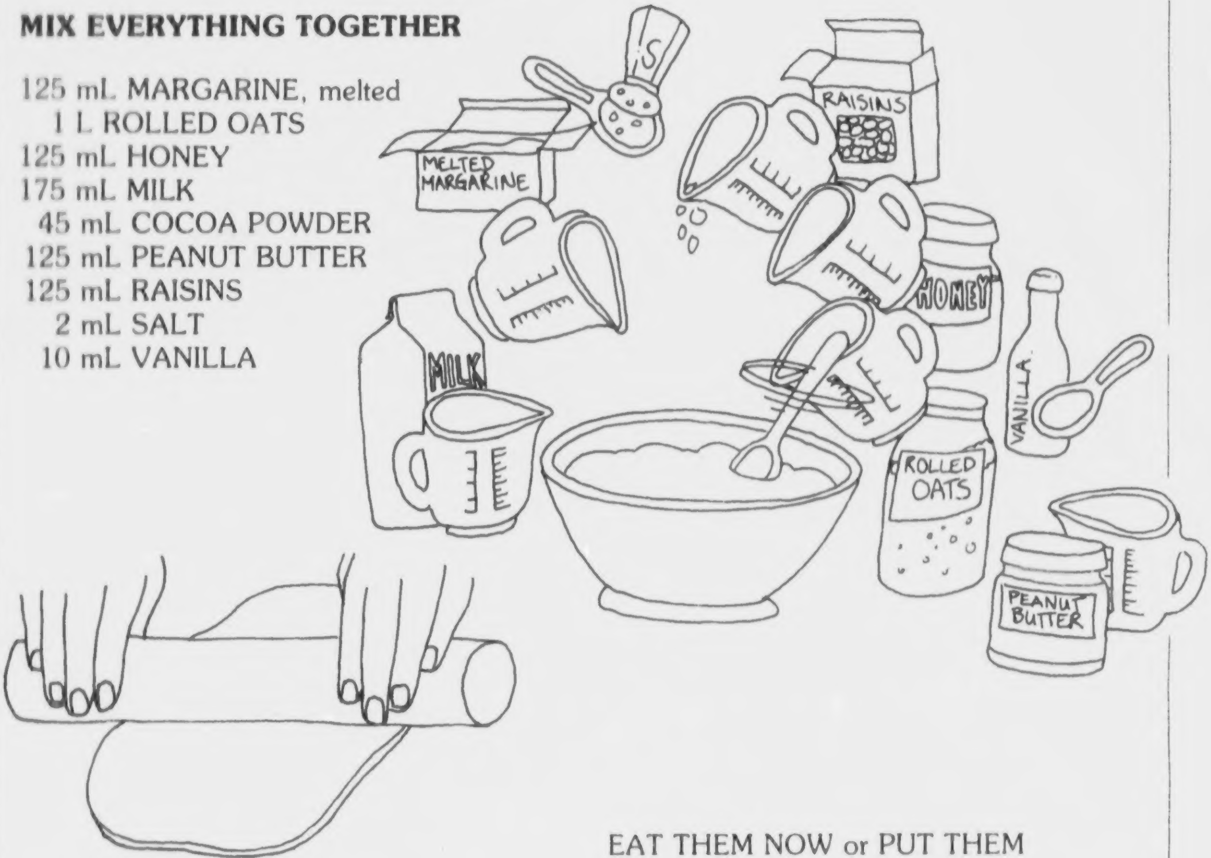
'YOU CAN EAT THEM OR BAKE THEM' COOKIES

about 60 cookies

no cooking
or oven 180°C

MIX EVERYTHING TOGETHER

125 mL	MARGARINE, melted
1 L	ROLLED OATS
125 mL	HONEY
175 mL	MILK
45 mL	COCOA POWDER
125 mL	PEANUT BUTTER
125 mL	RAISINS
2 mL	SALT
10 mL	VANILLA

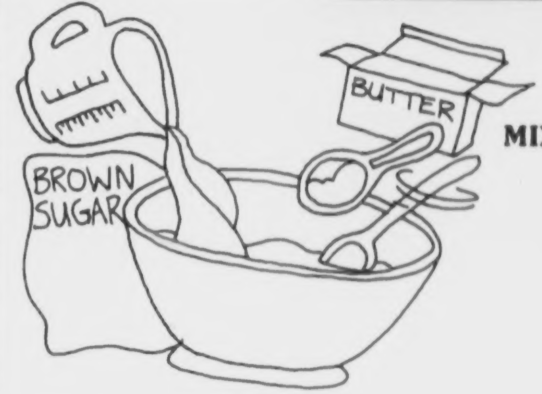

S
RAISINS
MELTED MARGARINE
HONEY
MILK
VANILLA
ROLLED OATS
PEANUT BUTTER

SHAPE INTO COOKIES.

EAT THEM NOW or PUT THEM IN THE REFRIGERATOR or **BAKE** them at 180°C for 10 minutes.

HONEY
COOKIES

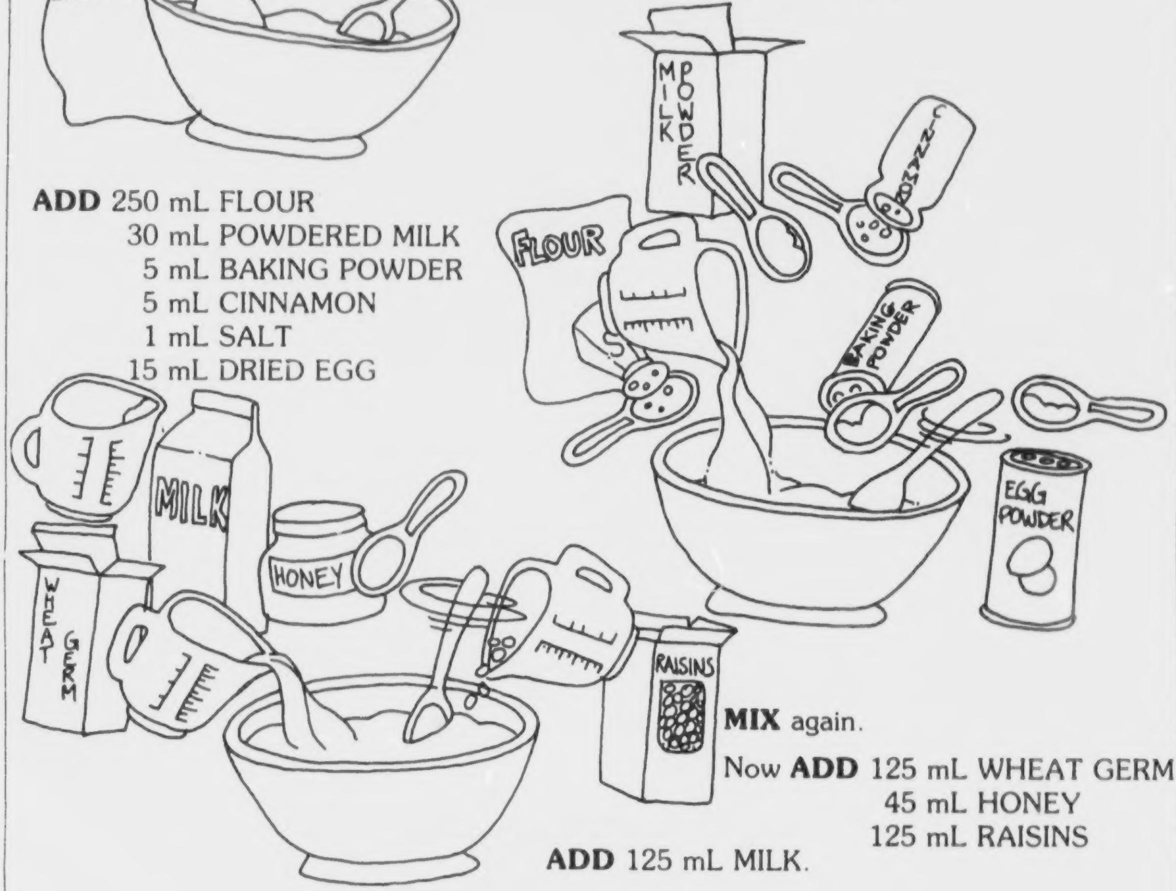
'FRY THEM TRY THEM'


BUTTER
BROWN SUGAR

25 cookies
hot plate or
electric frying pan
or oven 180°C

MIX in a bowl
15 mL BUTTER
125 mL BROWN SUGAR

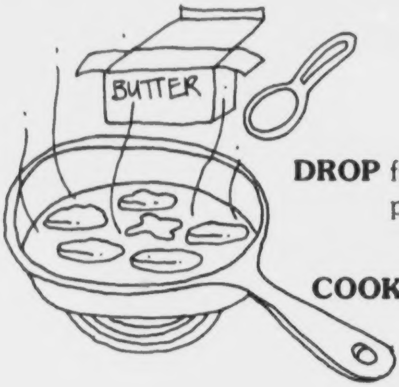
ADD 250 mL FLOUR
30 mL POWDERED MILK
5 mL BAKING POWDER
5 mL CINNAMON
1 mL SALT
15 mL DRIED EGG


MILK POWDER
FLOUR
BAKING POWDER
EGG POWDER
MILK
HONEY
WHEAT GERM
RAISINS

MIX again.

Now **ADD** 125 mL WHEAT GERM
45 mL HONEY
125 mL RAISINS

ADD 125 mL MILK.



DROP from spoon onto a well greased pan.

COOK at 180°C, for about 5 minutes.

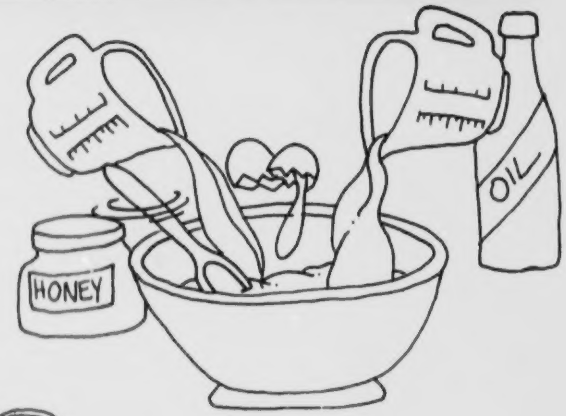
TURN and cook on other side.

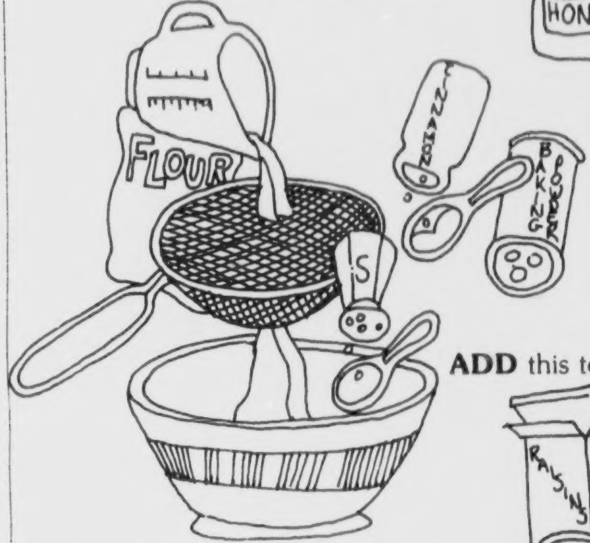
OATMEAL RAISIN COOKIES

3 dozen cookies *hot plate*

BLEND 125 mL HONEY
125 mL OIL
1 EGG, beaten

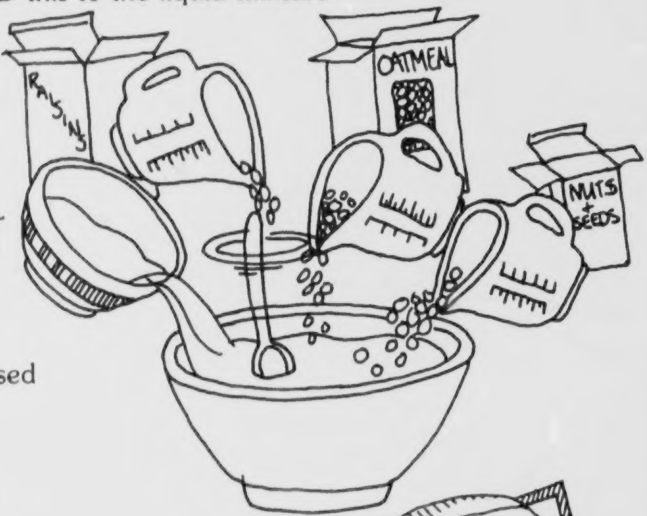
MIX IN 50 mL MILK.




FLOUR
CINNAMON
BAKING POWDER
S

SIFT together
300 mL FLOUR
5 mL BAKING POWDER
5 mL CINNAMON
1 mL SALT

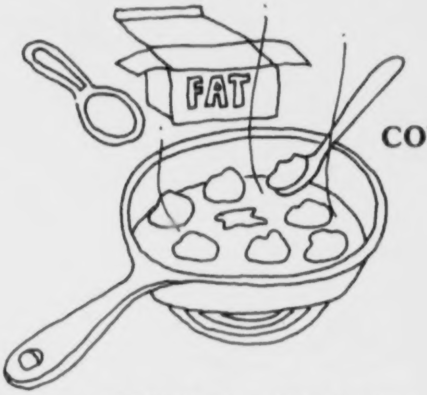
ADD this to the liquid mixture


RAISINS
OATMEAL
NUTS + SEEDS

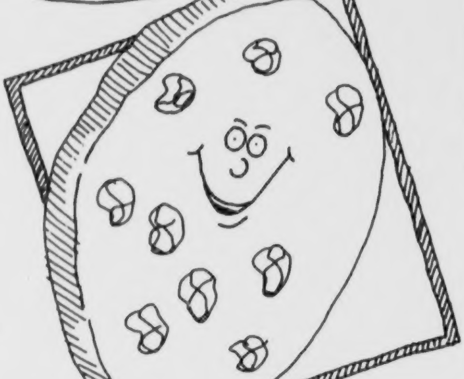
Now **STIR IN** 300 mL OATMEAL
125 mL NUTS and
125 mL RAISINS

MIX WELL.

DROP by teaspoonfuls onto a greased
medium-hot skillet.



COVER the pan.



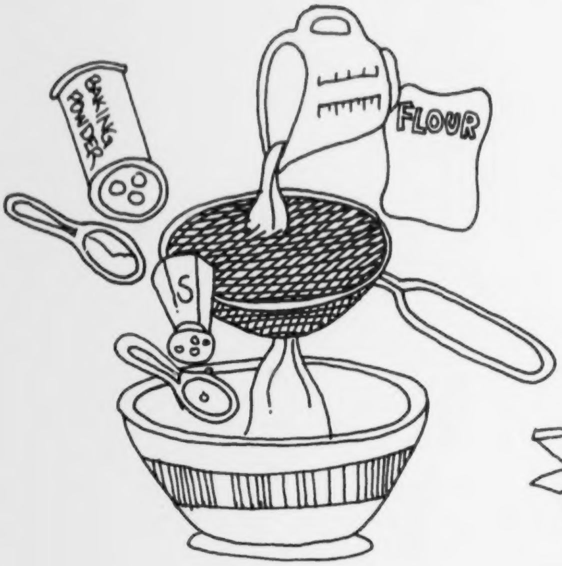
TURN after 10 minutes, or when
browned on the bottom.

COOK another 10 minutes.

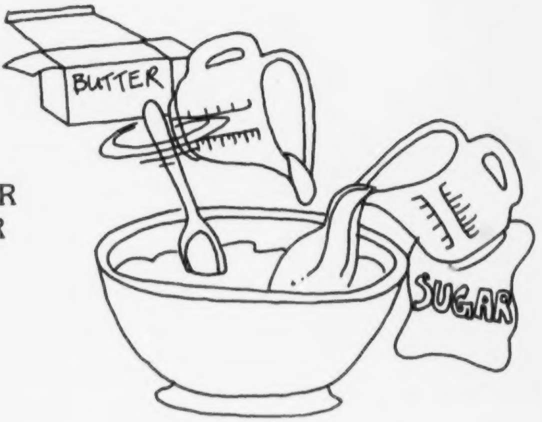
LEMON SUGAR COOKIES

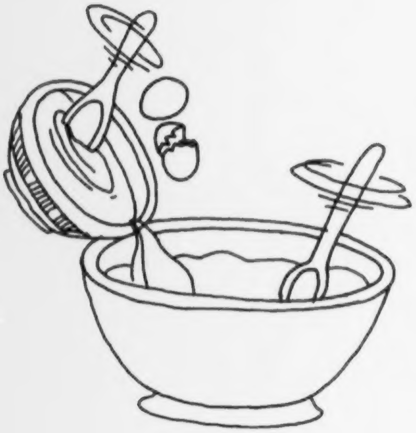
4 dozen cookies *hot plate*

SIFT together
550 mL WHOLE WHEAT FLOUR
3 mL BAKING POWDER
1 mL SALT


BAKING POWDER
FLOUR
S

CREAM 125 mL BUTTER
250 mL SUGAR
until smooth


BUTTER
SUGAR

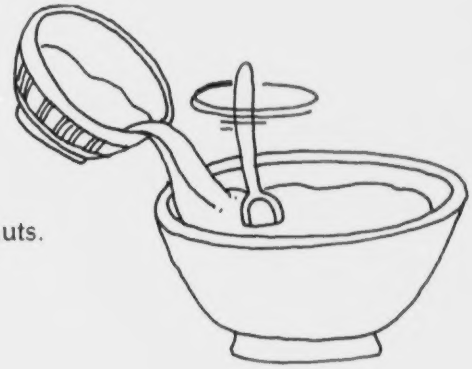


COMBINE WITH 2 EGGS, beaten, to
make a fluffy paste.

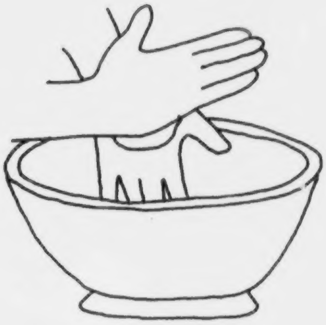
LEMON
EXTRACT

STIR IN 2 mL LEMON EXTRACT.

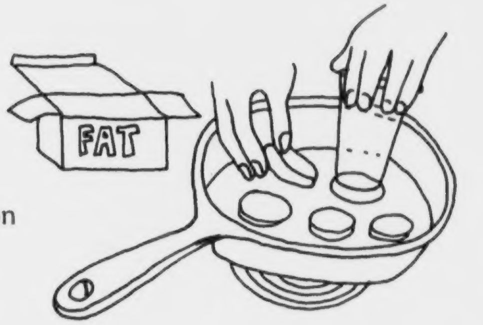
ADD the dry ingredients to this mixture **GRADUALLY,** beating continually until smooth.



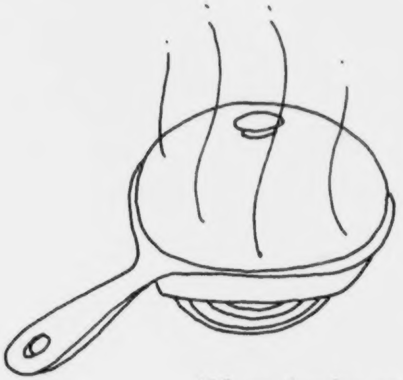
SHAPE into balls the size of walnuts.

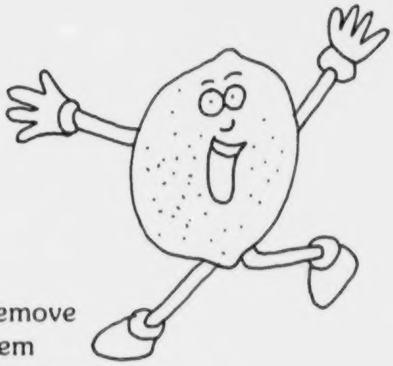


PLACE them in a medium hot greased skillet, then flatten them with the bottom of a FLOURED GLASS.



COVER and **BAKE** for 4-6 minutes on each side.





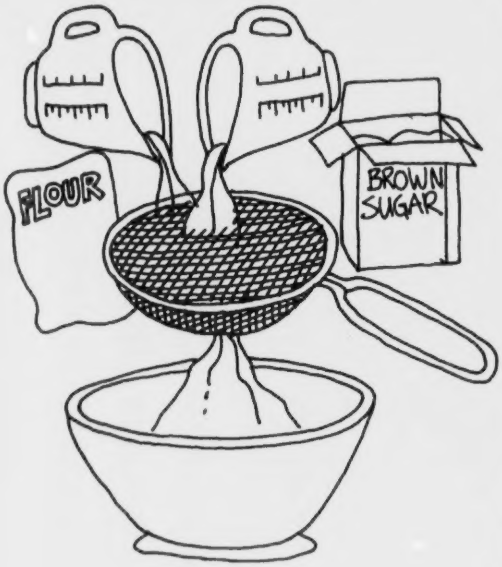
When they're crisp and golden, remove them to cool. If you like, glaze them while they're hot with HONEY or some other frosting.

BAR COOKIES

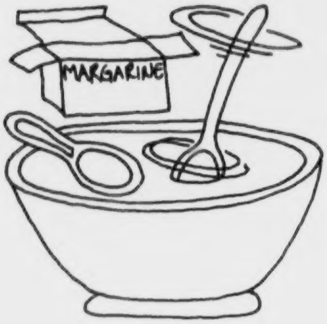
20 bars *oven 180°C*

Here's one kind of bottom layer:

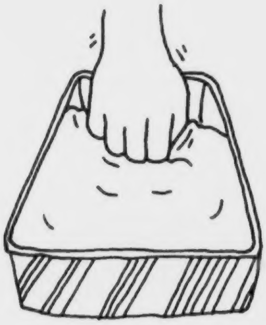
SIFT together
250 mL ALL PURPOSE FLOUR
50 mL BROWN SUGAR



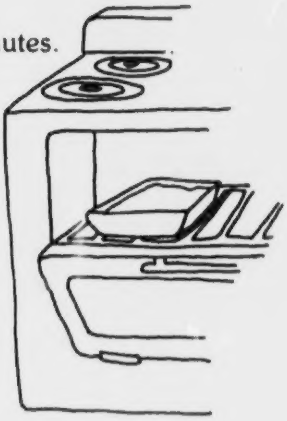
CUT or **RUB IN** 125 mL SHORTENING.



PACK firmly into a square pan.



BAKE for 10-15 minutes.



MINI-LESSONS

Chopping dates, nuts, etc.

Using a grater.

Using a double boiler.

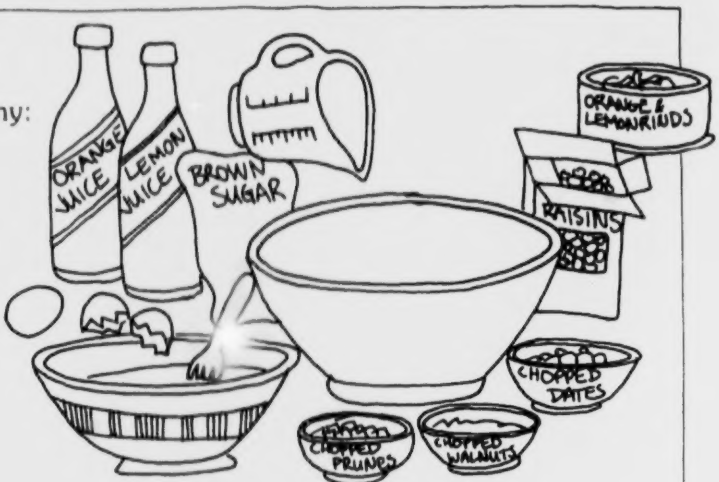
You can make all kinds of mixtures to put on the top and then bake again and cut into bars or whatever shapes you like.

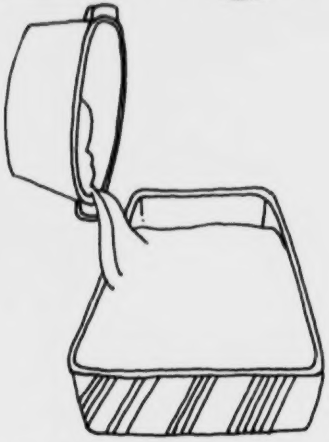
Here's one topping that's really yummy:

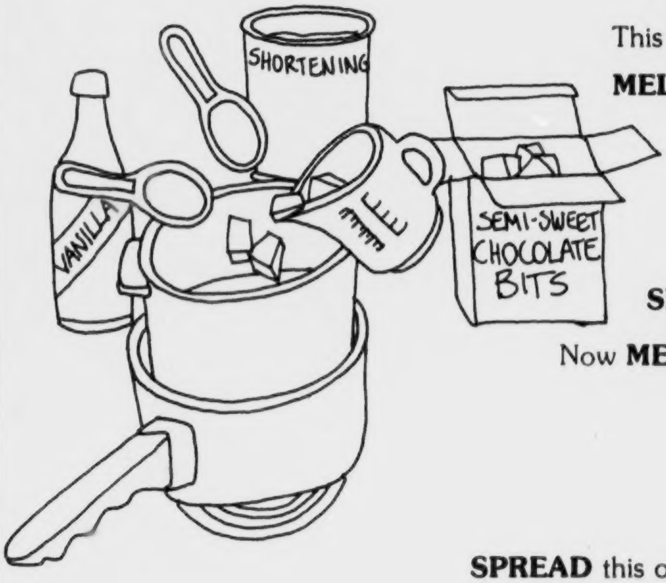
125 mL RAISINS
125 mL CHOPPED DATES
125 mL CHOPPED PRUNES
125 mL CHOPPED WALNUTS
7 mL grated ORANGE RIND
7 mL grated LEMON RIND
if you have it
15 mL ORANGE JUICE
15 mL LEMON JUICE
100 mL BROWN SUGAR
2 EGGS beaten

MIX all these together and spread over the other layer.

BAKE for 20 minutes.


ORANGE JUICE
LEMON JUICE
BROWN SUGAR
ORANGE & LEMONRINDS
RAISINS
CHOPPED DATES
CHOPPED PRUNES
CHOPPED WALNUTS




SHORTENING
VANILLA
SEMI-SWEET CHOCOLATE BITS

This topping doesn't need baking:

MELT in a double boiler
125 mL PEANUT BUTTER
75 mL CREAM or
EVAPORATED MILK
50 mL CORN SYRUP

SPREAD over the bottom layer.

Now **MELT,** in a double boiler,
125 mL SEMI SWEET
CHOCOLATE BITS
5 mL VANILLA
30 mL SHORTENING

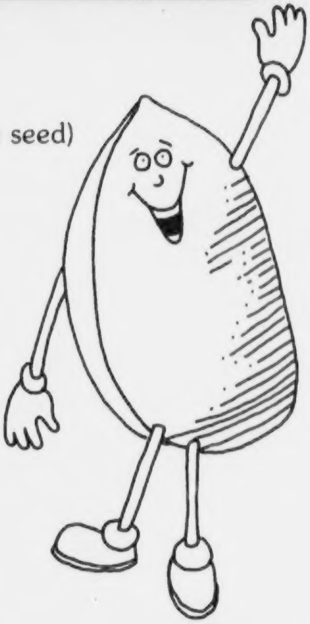
SPREAD this over the peanut butter topping and sprinkle chopped peanuts (or other nuts) all over it.

BENNE WAFERS

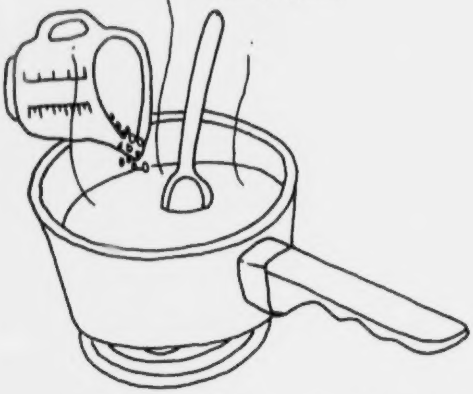
20 cookies

oven 180°C

(Benne is
wild sesame seed)



PUT 125 mL SESAME SEED in a small heavy pan.



STIR over moderate heat 'til brown.

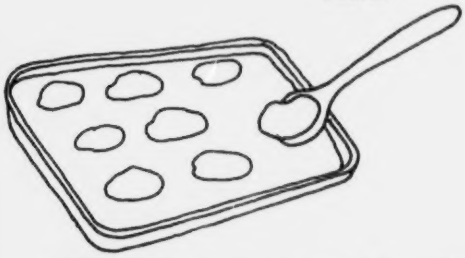
REMOVE from heat.

FLOUR
S
BUTTER
VANILLA

BROWN SUGAR

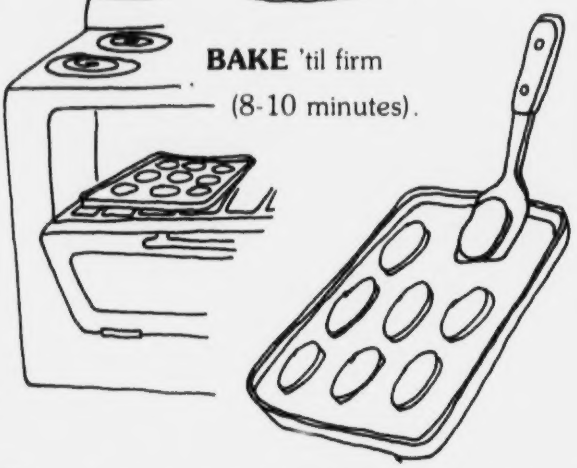
ADD 15 mL BUTTER or MARGARINE
250 mL BROWN SUGAR
50 mL FLOUR
1 EGG, beaten
5 mL VANILLA
1 mL SALT

MIX.



LINE a cookie pan with FOIL. **GREASE WELL!**

DROP small teaspoonfuls **FAR APART** onto the foil.



BAKE 'til firm (8-10 minutes).

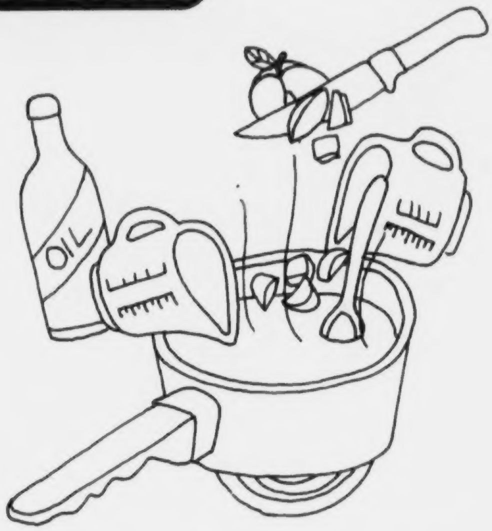
Once cool, **CAREFULLY** peel cookies off foil.

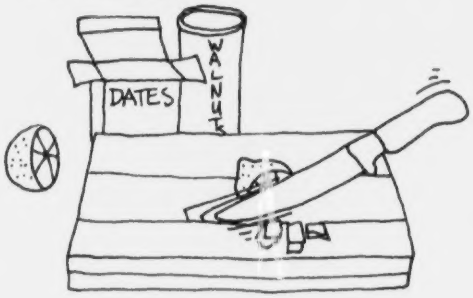
DATE-APPLE COOKIES

36 cookies *oven 180°C*

COOK together 'til smooth, stirring all the time,
250 mL DATES
125 mL WATER

ADD 250 mL chopped raw APPLE
(prepared dried will do)
175 mL OIL

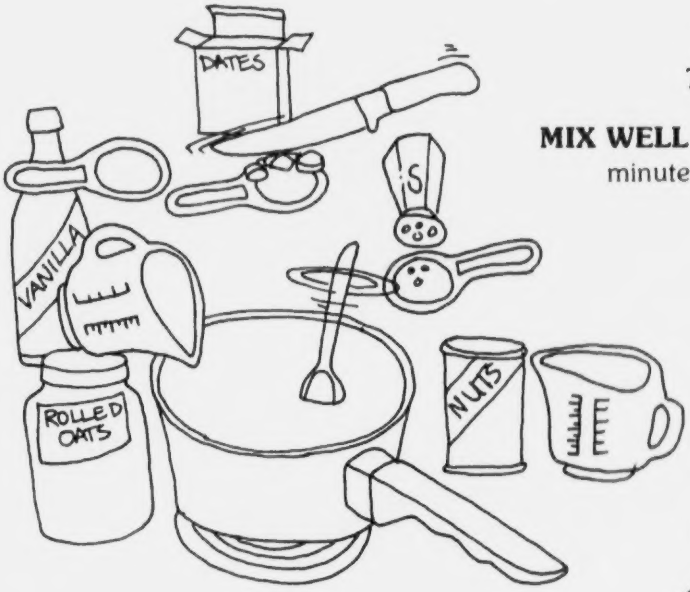


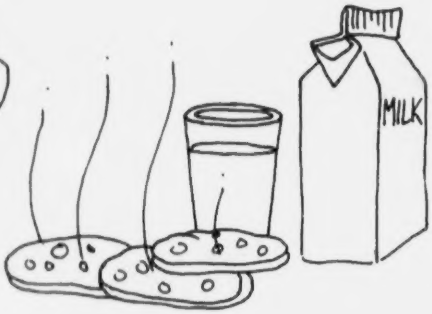


BEAT 'til thick.

Now **ADD** 125 mL chopped NUTS
2 mL SALT
5 mL VANILLA
50 mL chopped DATES
750 mL ROLLED OATS

MIX WELL and **LET STAND** for 10 minutes.





SQUEEZE together into round shapes.

MINI-LESSON

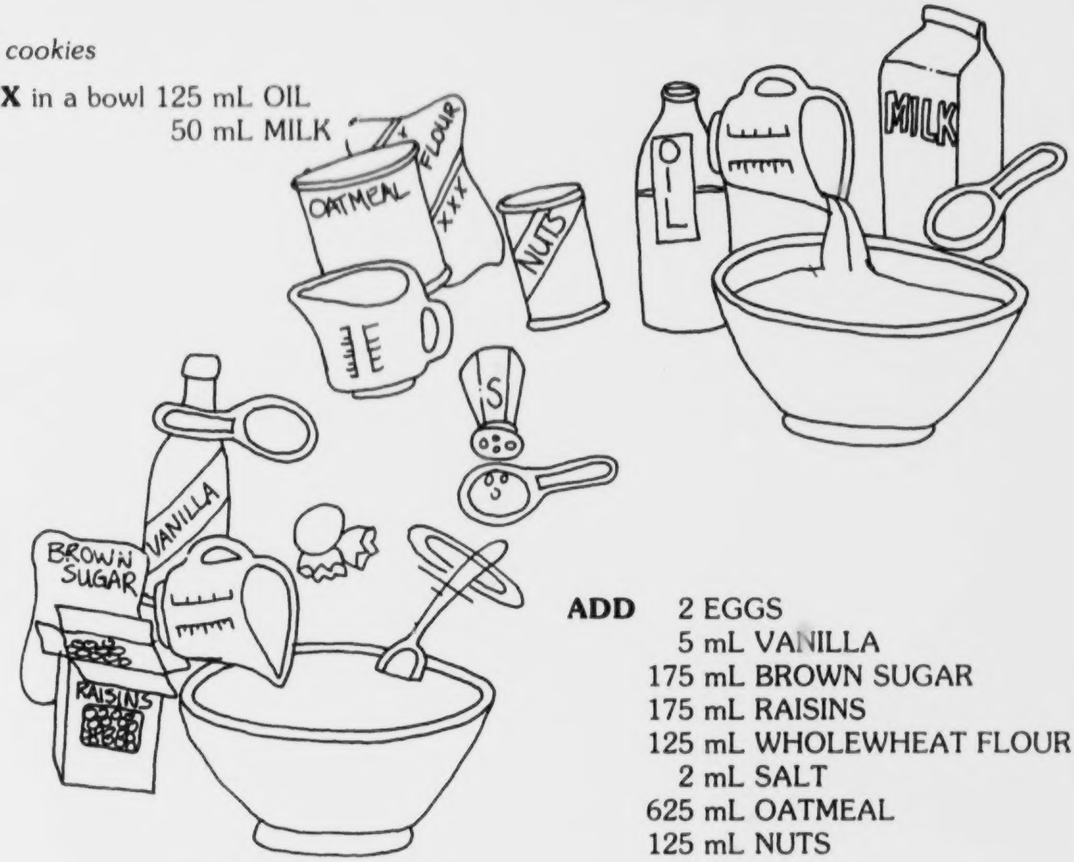
Cutting up apples and other fruits and vegetables (try a Waldorf Salad).
Preparing dried apples.
Chopping dates, nuts, etc.

BAKE for 10-15 minutes, or until just beginning to brown.

OATMEAL-RAISIN COOKIES

40 cookies

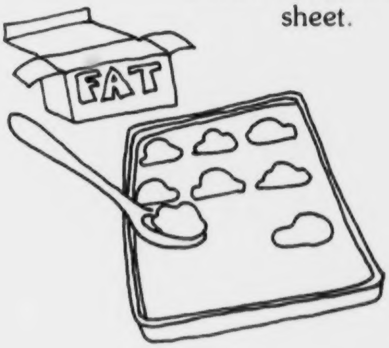
MIX in a bowl 125 mL OIL
50 mL MILK


FLOUR
XXX
OATMEAL
NUTS
OIL
MILK
S
VANILLA
BROWN SUGAR
RAISINS

ADD 2 EGGS
5 mL VANILLA
175 mL BROWN SUGAR
175 mL RAISINS
125 mL WHOLEWHEAT FLOUR
2 mL SALT
625 mL OATMEAL
125 mL NUTS

MIX everything together.

DROP spoonfuls on a greased cookie sheet.



BAKE for 8-10 minutes.

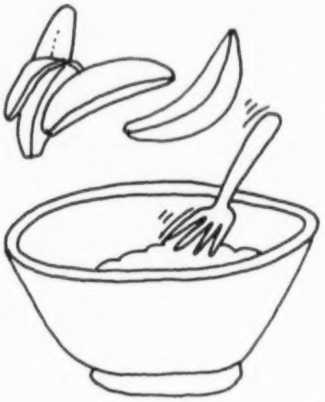
If cookies become cold and stick to the cookie sheet try warming them in the oven again. Be careful not to burn them.

BANANA-DATE COOKIES

Good for very ripe bananas or those ruined by freezing.

oven 200°C
about 24 cookies

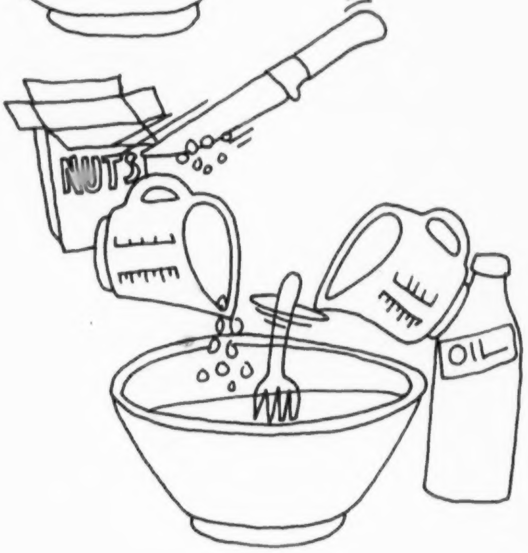
MASH 3 bananas, leaving a few larger pieces.

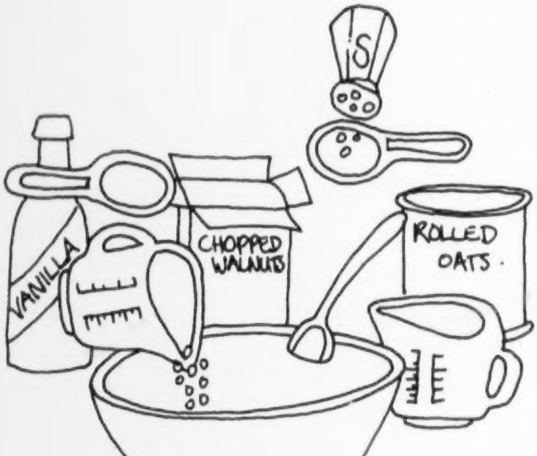


ADD 250 mL finely CHOPPED DATES
75 mL OIL

BEAT with a fork.

Now **ADD** 125 mL chopped WALNUTS
2 mL SALT
5 mL VANILLA
500 mL ROLLED OATS





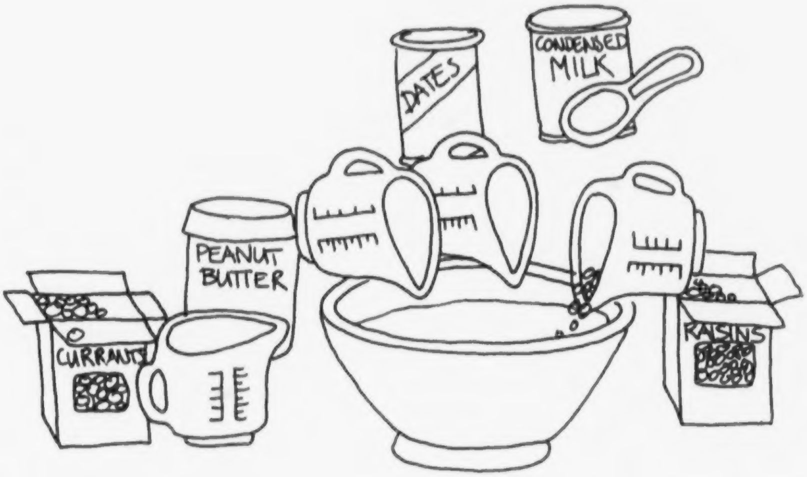
STIR and **LET STAND** for 5 minutes, to allow the oatmeal to absorb the liquid.

BAKE for 25 minutes on an ungreased cookie sheet.

LOOSEN with a spatula, but let the cookies **COOL** on the cookie sheet.

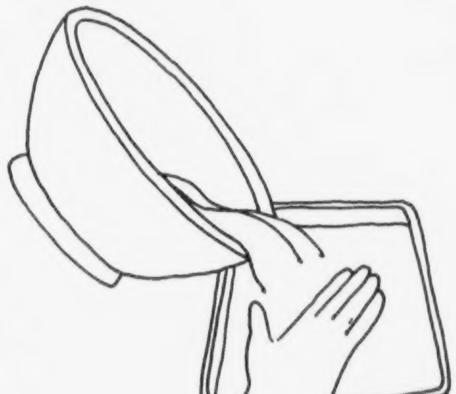
PEANUT BUTTER SHAPES

20 bars
no cooking

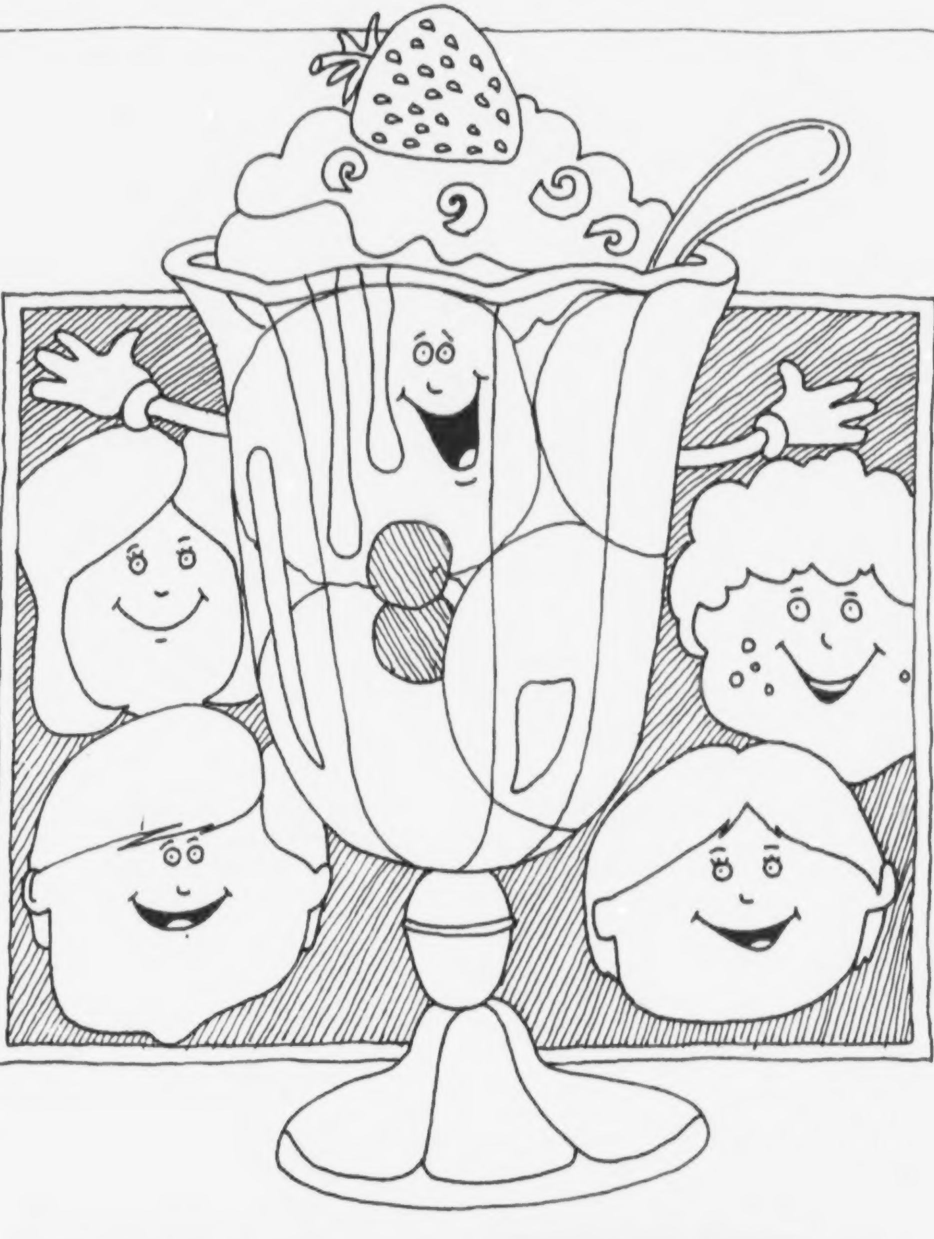

DATES
CONDENSED MILK
PEANUT BUTTER
CURRANTS
RAISINS

MIX everything together
- 250 mL PEANUT BUTTER
- 250 mL PITTED DATES, chopped finely
- 125 mL RAISINS
- 125 mL CURRANTS
- 50 mL CONDENSED MILK, or honey

PRESS firmly into a greased square pan.



CHILL 'til firm.

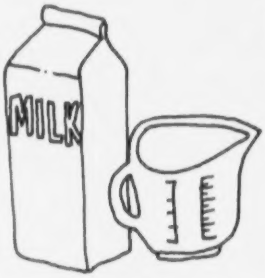


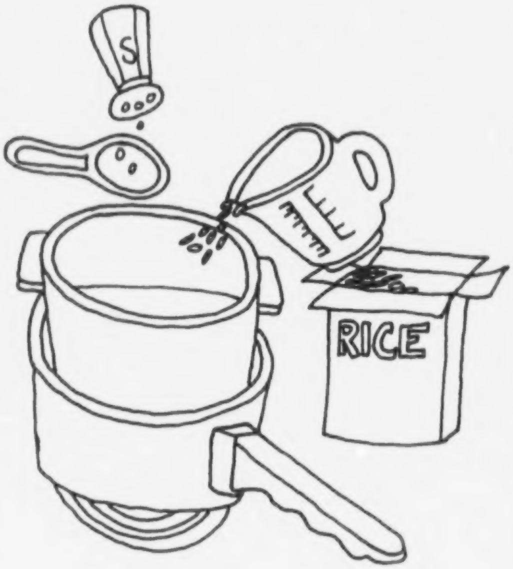
DESSERTS

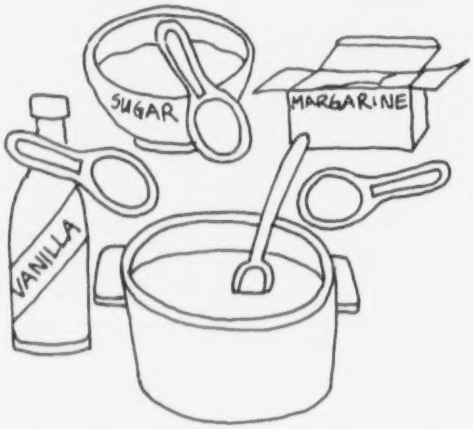
MILK-RICE PUDDING

6 servings *hot plate*

COOK for 1 hour, in the top of a double boiler
750 mL MILK
175 mL RICE
2 mL SALT



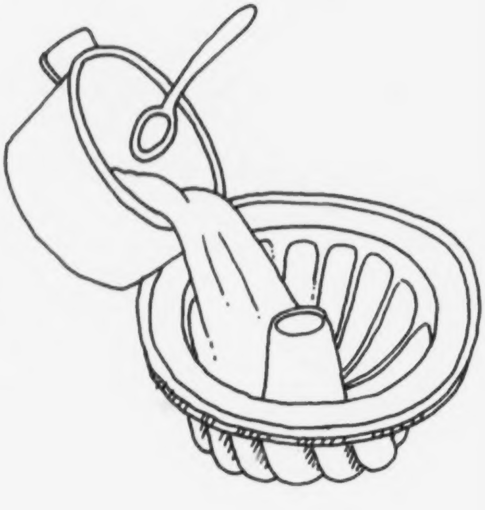


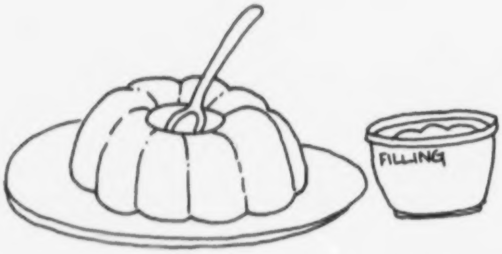

SUGAR
MARGARINE
VANILLA

ADD 25 mL MARGARINE
10 mL VANILLA
15 mL SUGAR (or HONEY)

You can serve this with stewed fruit
canned fruit
jam
raisins

You can pack it into a ring mold.





When cold, unmold it and fill the centre with a filling you like.

APPLE PUDDING

8-10 servings *hot plate*

In the top of a double boiler,

MIX 500 mL MILK
100 mL CORN MEAL
500 mL chopped APPLES
(dried are fine)

CORN MEAL
MILK

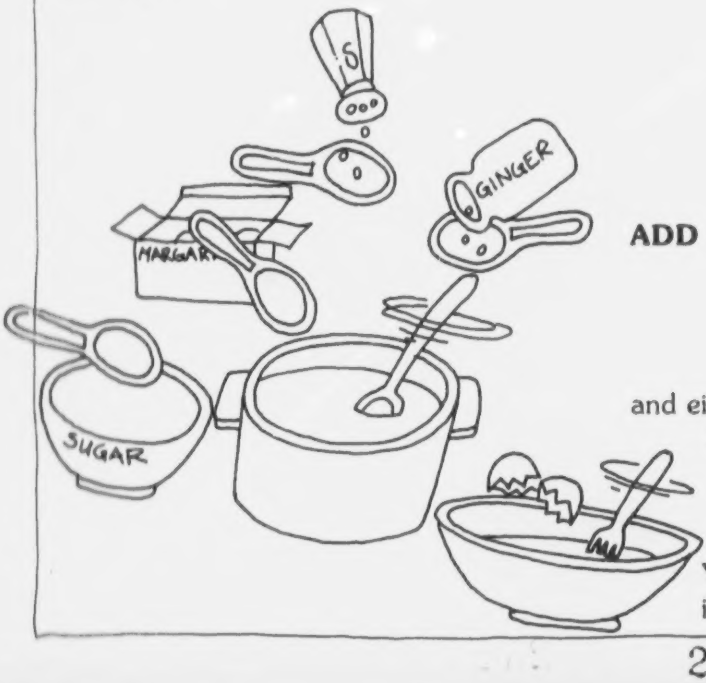
MINI-LESSONS

Preparing dried apples.

COOK for 15 minutes.

STIR IN 175 mL DARK MOLASSES.

REMOVE from heat.



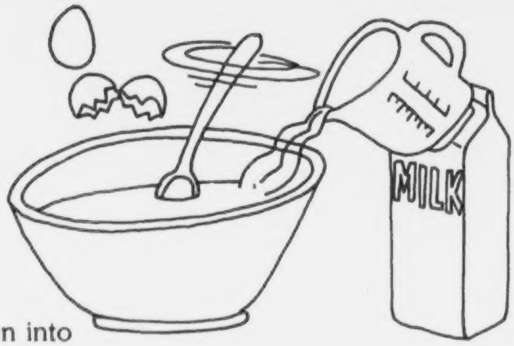
ADD 50 mL MARGARINE.
5 mL SALT
5 mL GINGER
45 mL SUGAR
1 EGG, beaten
and either and or both of these:
125 mL RAISINS
2 mL CINNAMON

You can serve it now or you can bake it in an oven for 20-30 minutes.

BREAD PUDDING

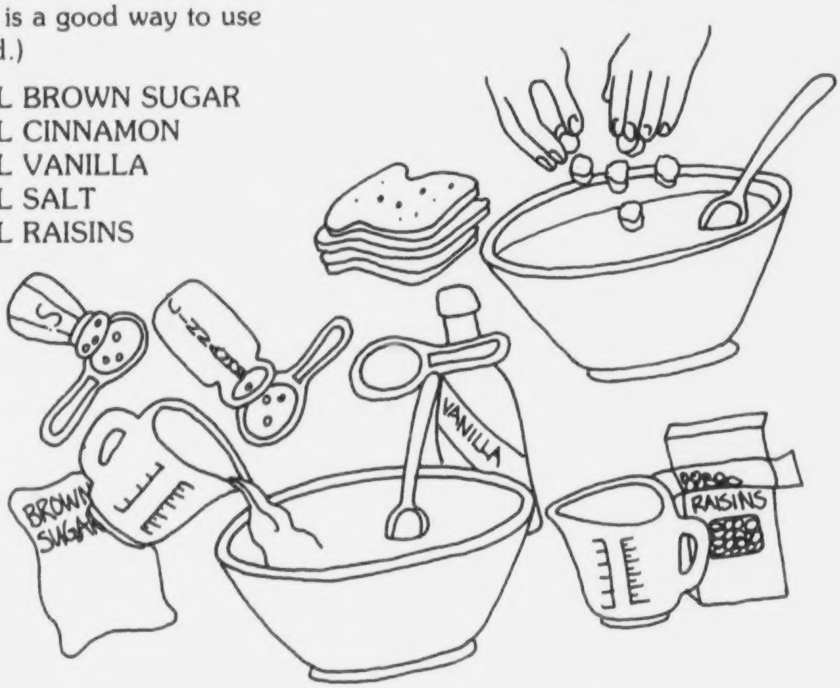
6-8 servings *oven or electric frying pan*

MIX about 750 mL MILK
2 EGGS

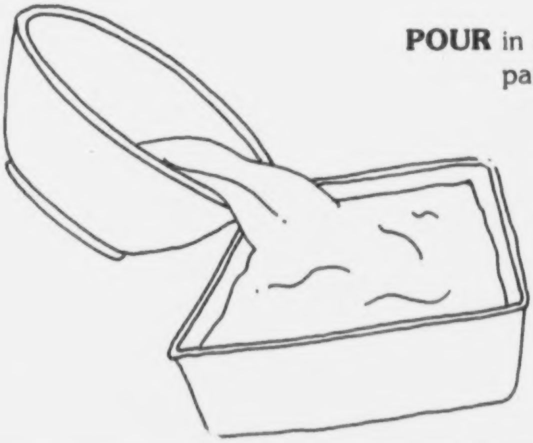


ADD 6-8 slices of BREAD broken into cubes. (This is a good way to use up dry bread.)

Now **ADD** 125 mL BROWN SUGAR
5 mL CINNAMON
5 mL VANILLA
2 mL SALT
125 mL RAISINS



STIR WELL.



POUR in a pan (or an electric frying pan).

BAKE at 200°C for about 45-60 minutes.

SERVE hot or cold.

LEMON GELATINE

4-6 servings

hot plate
or electric kettle

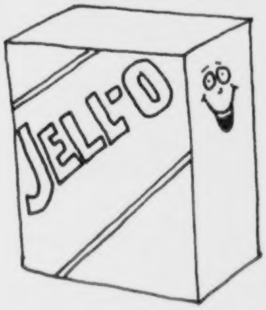
JELLO

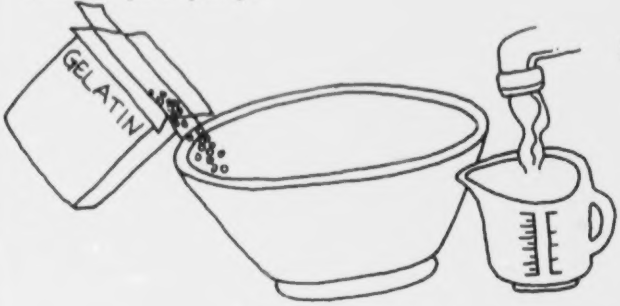
Follow the directions on a small packet of Jello (use 125 mL less cold water).

Set the liquid in shallow dishes — e.g. square cake pan and then cut out different shapes, numbers, letters, etc.

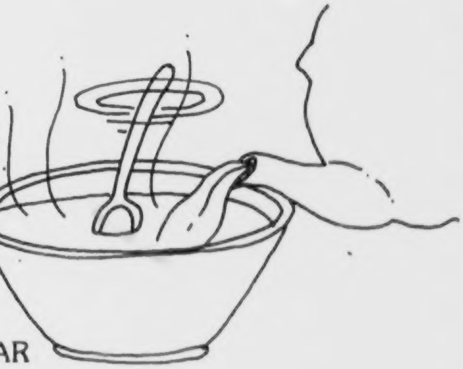
Use different colour combinations.

Have a jello party.





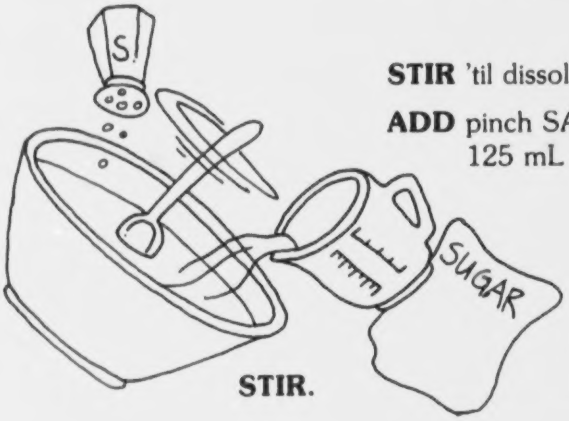
SOAK 1 packet (15 mL) GELATIN in 25 mL cold WATER.



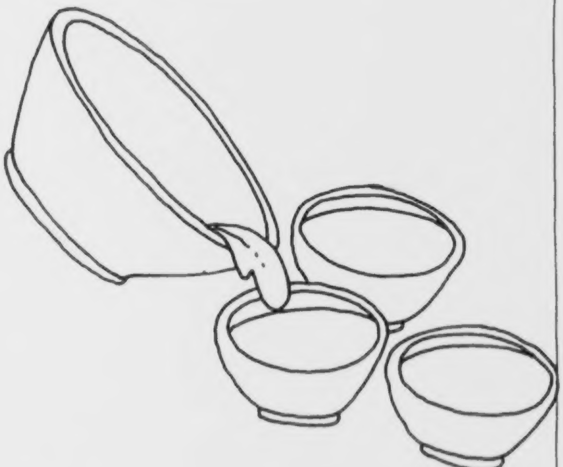
ADD 375 mL boiling WATER.

STIR 'til dissolved.

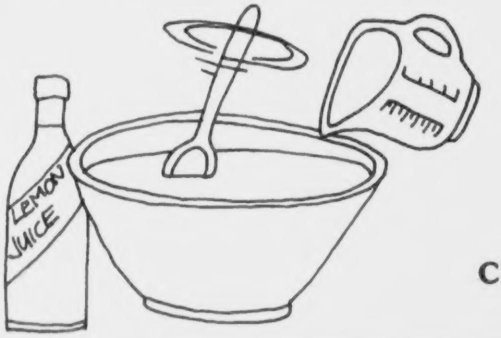
ADD pinch SALT.
125 mL SUGAR



STIR.



ADD 125 mL LEMON JUICE.



POUR liquid into one large wet bowl or small bowls.

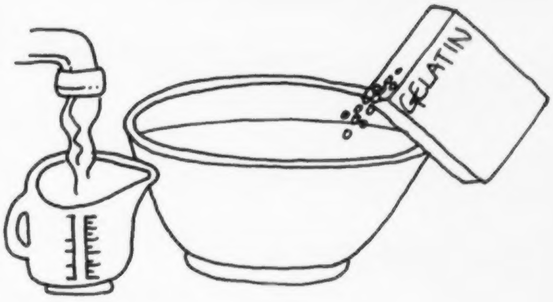
CHILL about 4 hours.

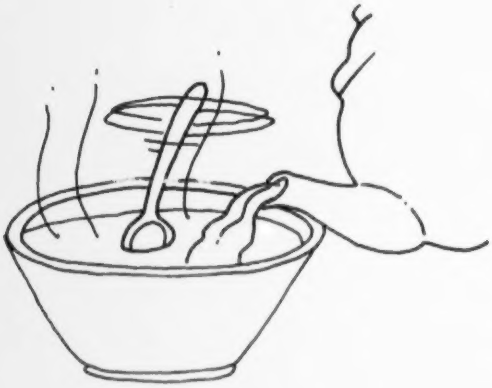
ORANGE GELATINE

4-6 servings

hot plate
or electric kettle

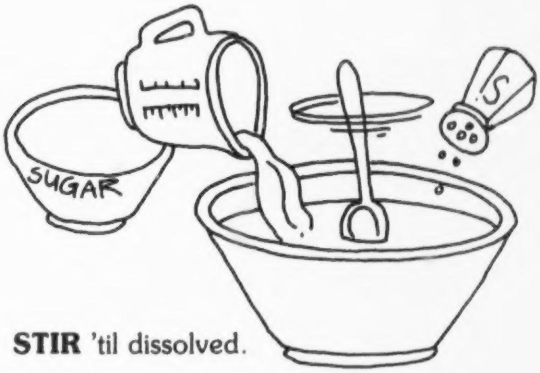
SOAK 1 packet (15 mL) GELATIN in
25 mL cold WATER.



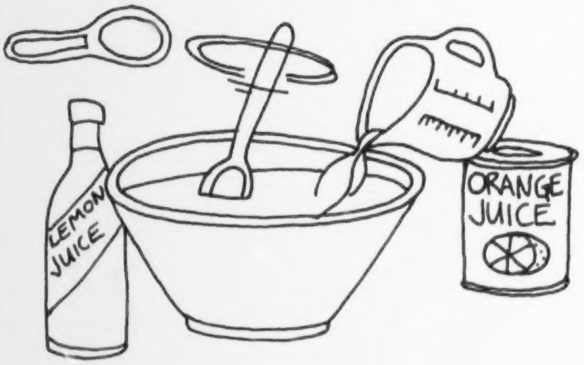


DISSOLVE it in 125 mL boiling
WATER.

ADD 100 mL SUGAR
pinch SALT



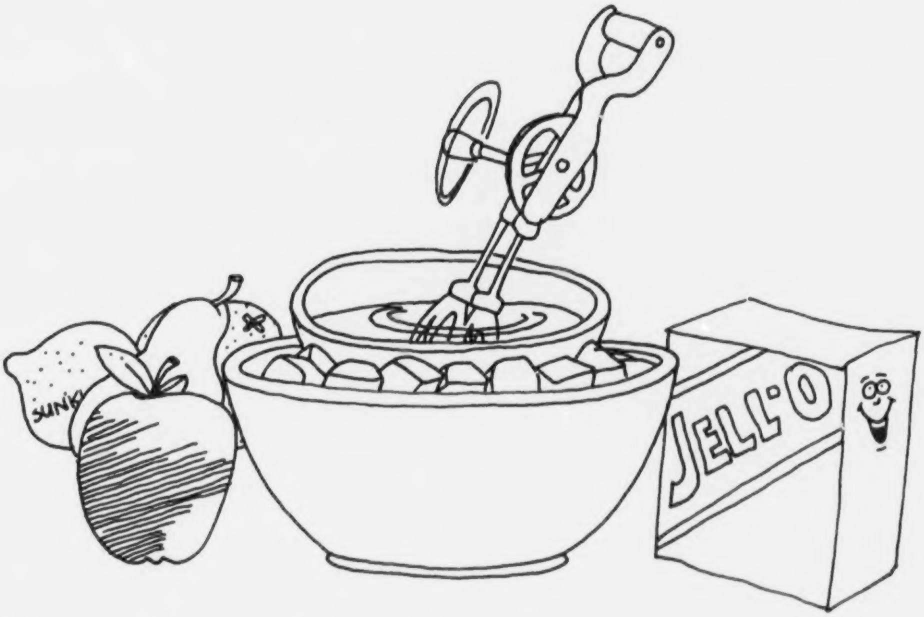
STIR 'til dissolved.


LEMON JUICE
ORANGE JUICE

ADD 50 mL LEMON JUICE
350 mL ORANGE JUICE

SET in wet molds for 4 hours.

FRUIT-WHIPS



When the JELLO is chilled to an egg white consistency, you can whip the jello with an egg beater. Keep the bowl on ice. It becomes frothy and opaque. Chill and serve.

or

Beat up one or two EGG WHITES 'til stiff and beat this into the FROTHY GELATINE mixture. Chill and serve.

or

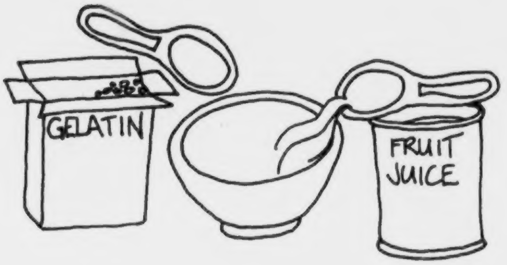
Use 250 mL BEATEN DREAM WHIP. Fold into the FROTHY GELATINE. Chill and serve.

EGGLESS FRUIT WHIP

2 servings *hot plate*

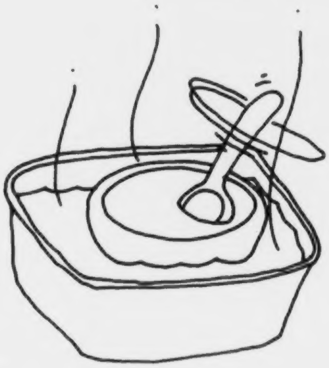
You can use canned BABY FOOD or canned APPLE SAUCE for this.

SOAK 5 mL GELATINE in 75 mL FRUIT JUICE, in a small bowl.



PUT the small bowl in a pan of hot water.

STIR 'til the gelatine dissolves.



ADD 1 small jar (can)
PUREED FRUIT or
125 mL canned APPLESAUCE
30 mL SUGAR
2 mL VANILLA

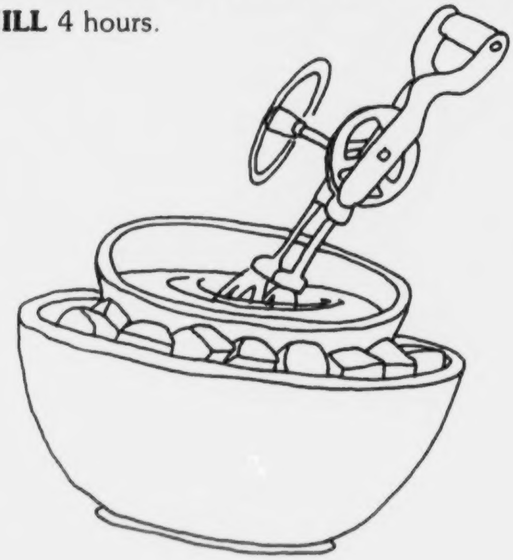
CHILL this mixture 'til it is like thick syrup.

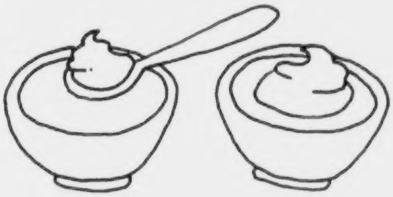
PUT it into a bigger bowl.

SET in ice.

WHIP with an egg beater 'til almost double its bulk. It will be frothy.

CHILL 4 hours.





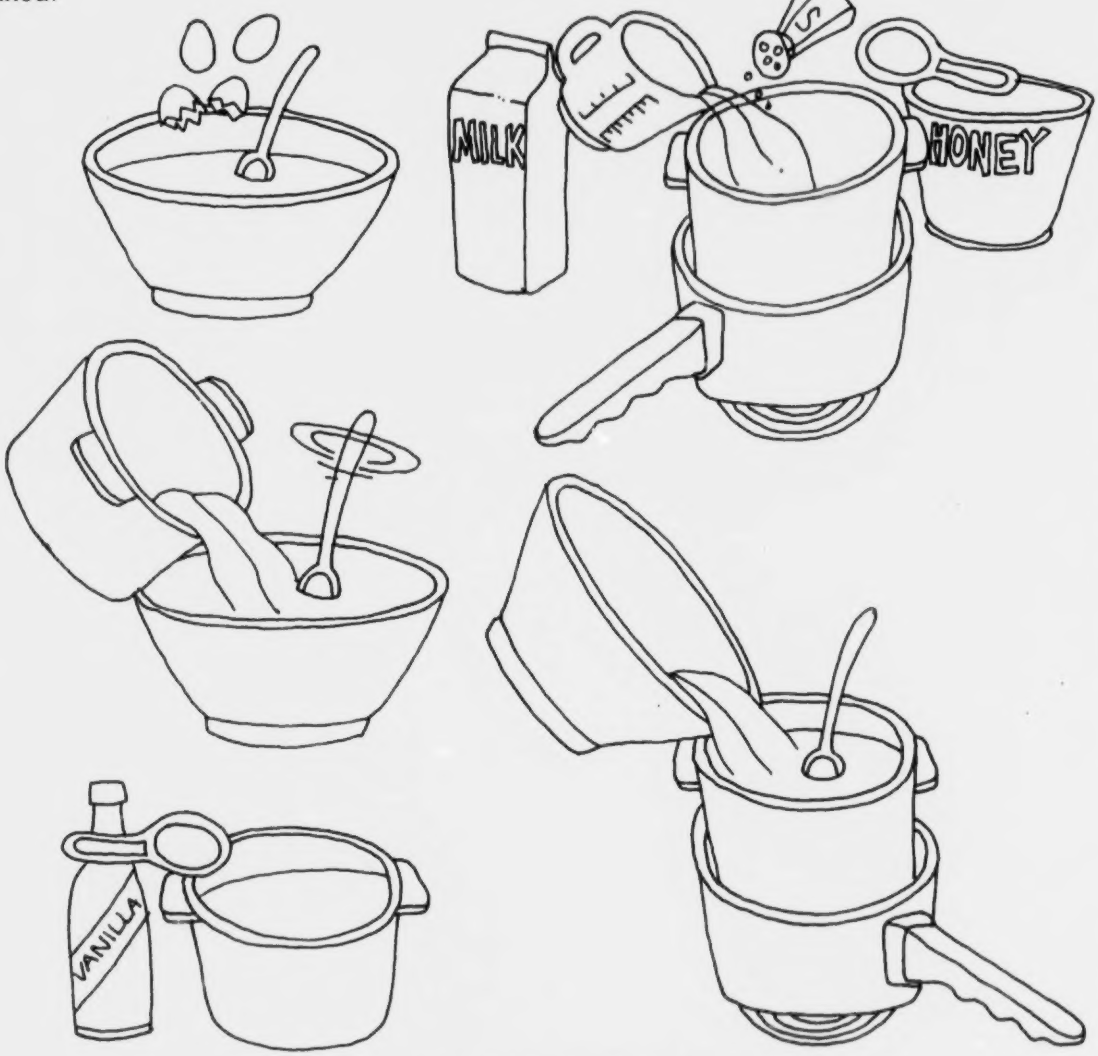
SERVE with cream
— DREAM WHIP
— beaten chilled
EVAPORATED MILK

MINI-LESSON

Making cream from dream whip or evaporated milk.

CUSTARD

This can be made as a sauce or it can be baked.



CUSTARD SAUCE

4-6 servings

hot plate

1. **SCALD** in a double boiler
500 mL MILK
50 mL HONEY
pinch SALT

BEAT slightly in a bowl 3 EGGS.

ADD the hot mixture slowly, beating well.

2. **POUR** back into the double boiler.

COOK 'til thick, stirring all the time with a metal spoon.

ADD 5 mL VANILLA.

SERVE hot or cold with fruit.

BAKED CUSTARD

4-6 servings *oven*

Use the mixture from the custard sauce and pour it into a baking dish.

SET the baking dish in a pan of warm water in the oven.

BAKE at 200°C 'til it is set.

PUT a knife into the centre of the mixture. It will come out clean if the custard is cooked.

DELICIOUS WITH MAPLE SYRUP!

MINI-LESSON

Scalding milk.

Berries should be gathered whenever possible.

Cranberries, blueberries, rose hips, blackcurrants, chokeberries and strawberries are some you will find in different parts of the North.

If you have more than you can use at once, preserve some for future use. Freezing is best.

Just wash and dry the berries and quickly freeze them in proper containers. Leave a small space at the top for expansion and be sure the container is tightly sealed. It is best to keep them at -32°C (not in the ice cube compartment of the refrigerator).

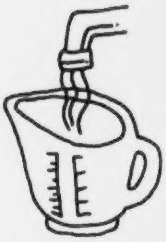
You can also use these, or fresh berries, to make jam and syrups.

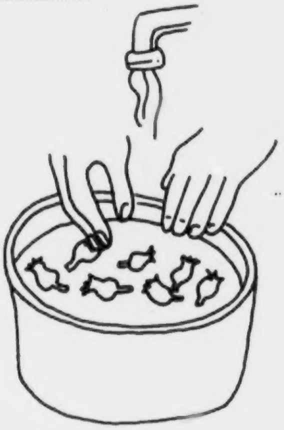
ROSE HIP SYRUP

hot plate

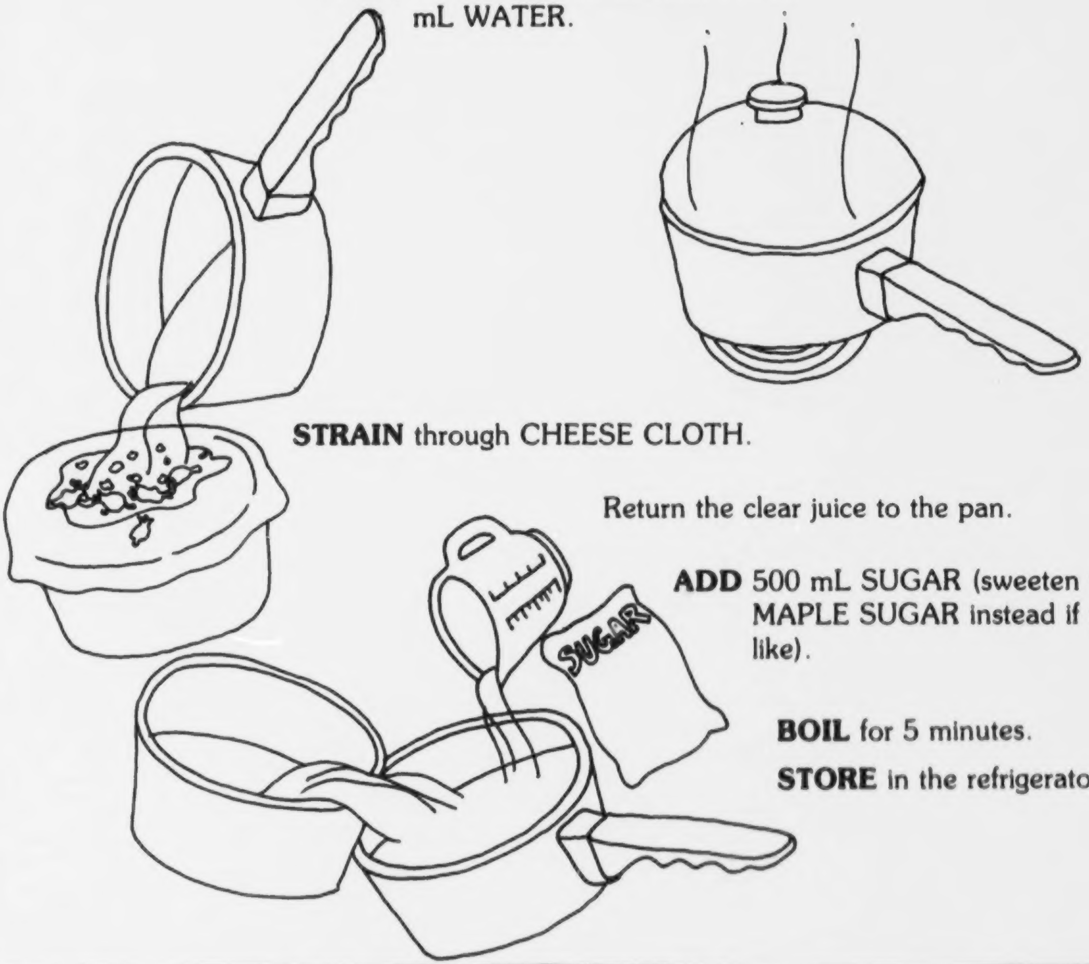
GATHER about 1 L of ROSE HIPS.

WASH them and remove the stem and flower remnants.





BOIL, covered, for 20 minutes in 750 mL WATER.



STRAIN through CHEESE CLOTH.

Return the clear juice to the pan.

ADD 500 mL SUGAR (sweeten with MAPLE SUGAR instead if you like).

BOIL for 5 minutes.

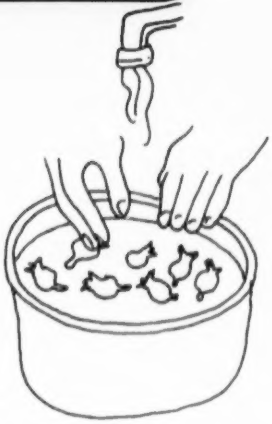
STORE in the refrigerator.

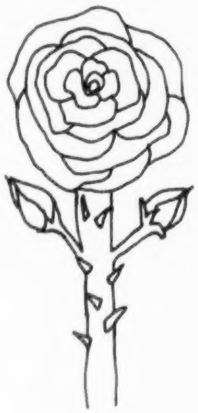
ROSE HIP PUREE

hot plate

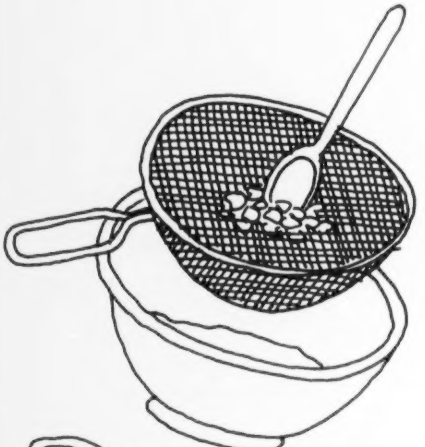
GATHER 1 L of ROSE HIPS.

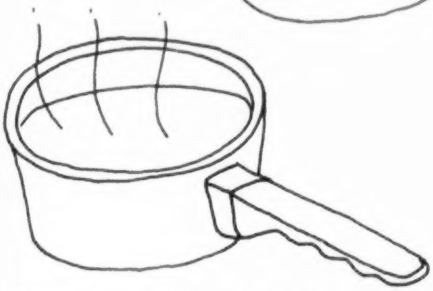
WASH and **CLEAN** the ROSE HIPS.





SIMMER in 750 mL boiling WATER 'til soft (30 minutes).

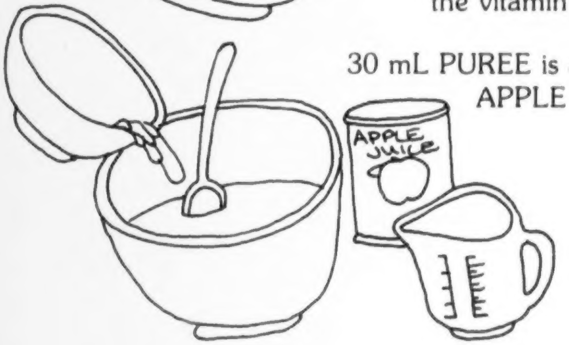


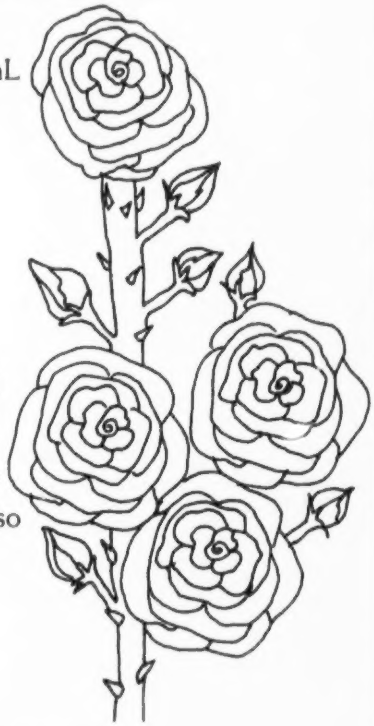


RUB this mixture through a sieve (use a food mill if you have one).

Add this puree to apple juice to increase the vitamin content.

30 mL PUREE is added to 250 mL APPLE JUICE





OR

MIX equal parts ROSE HIP PUREE and WATER.

ADD SUGAR or HONEY to taste.

a few drops of LEMON JUICE can also be added.

MINI-LESSON

You might like to practise using a sieve or food mill with some canned fruit or berries first.

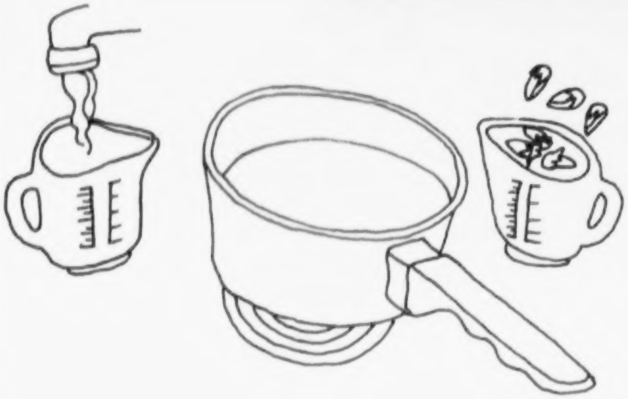
SERVE COLD.

ROSE HIP JAM

hot plate

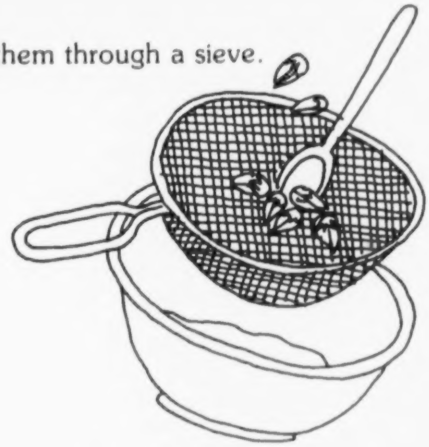
GATHER 1 L of ROSE HIPS.

WASH and **CLEAN** them.

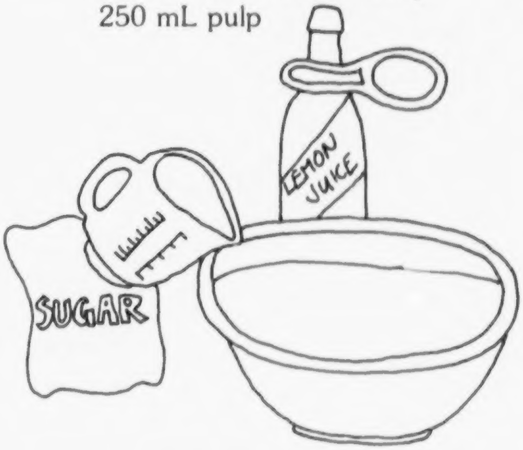


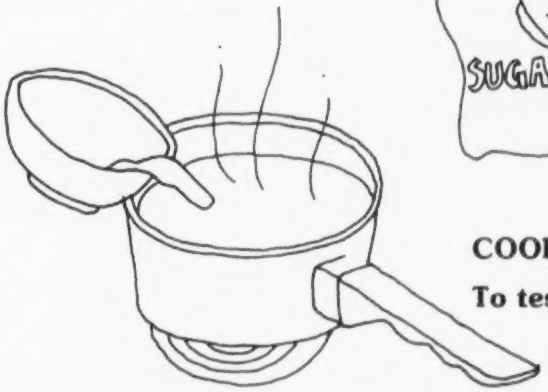
SIMMER in 500 mL WATER 'til tender.

RUB them through a sieve.



ADD 45 mL LEMON JUICE
250 mL SUGAR for every
250 mL pulp





COOK 'til the mixture is thick and sets.

To test: Put a little mixture on a flat plate and put the plate in the refrigerator for half a minute. Now, push your finger over the top; if the skin of the jam wrinkles, the jam is ready.

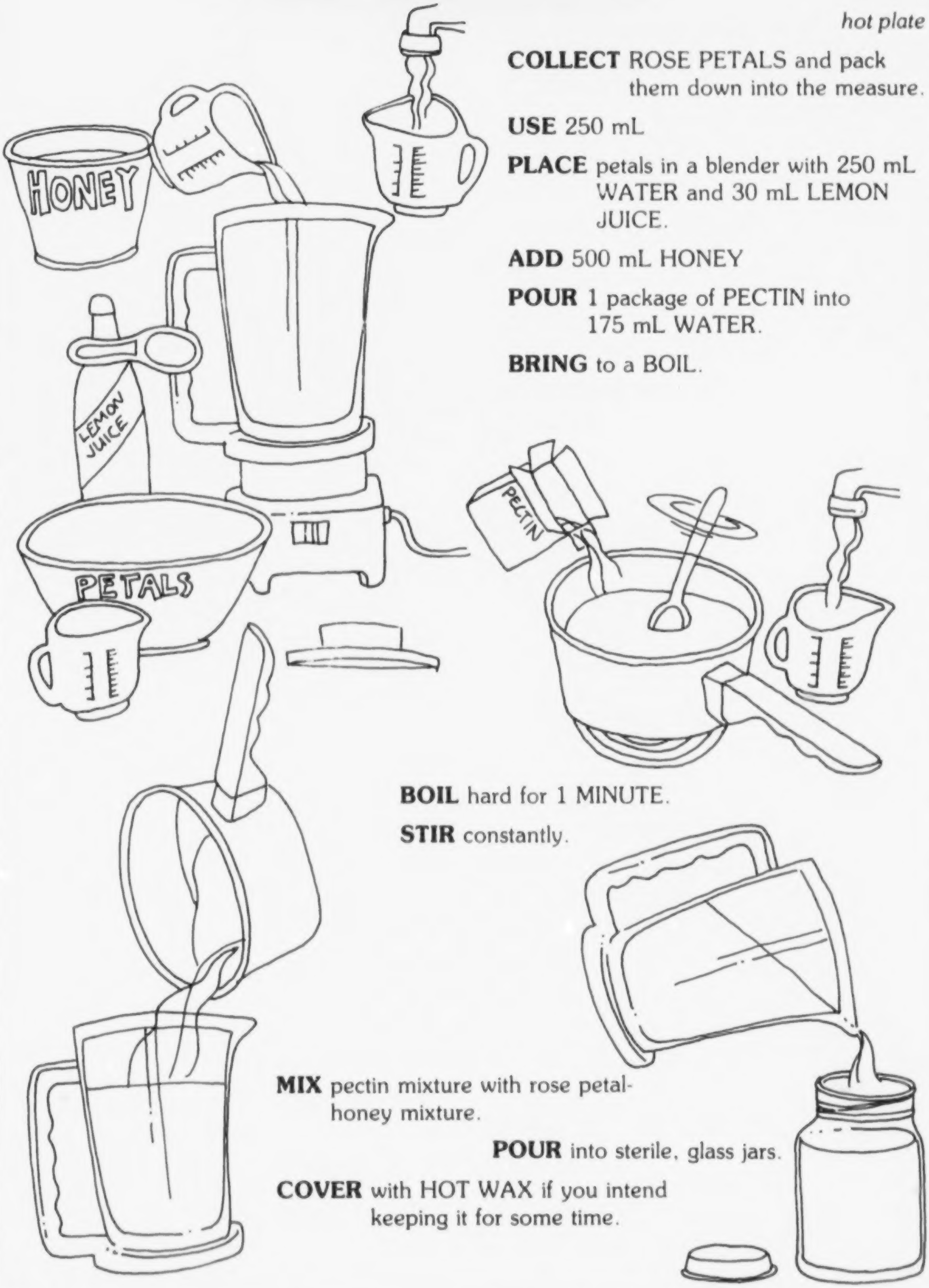
PUT into clean, warm, dry jars.

If you want to keep the jam for some time, put hot melted WAX over the surface.

MINI-LESSON

Show children how to sterilize glass jars by putting them in a **very** *low oven for a short time. Explain to them the reasons for this.*

ROSE PETAL JELLY



hot plate

COLLECT ROSE PETALS and pack them down into the measure.

USE 250 mL

PLACE petals in a blender with 250 mL WATER and 30 mL LEMON JUICE.

ADD 500 mL HONEY

POUR 1 package of PECTIN into 175 mL WATER.

BRING to a BOIL.

BOIL hard for 1 MINUTE.

STIR constantly.

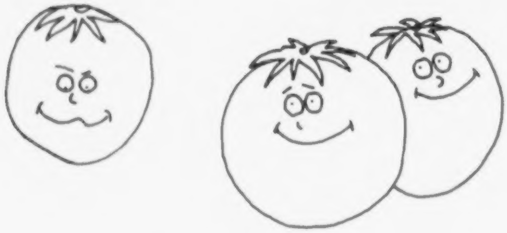
MIX pectin mixture with rose petal-honey mixture.

POUR into sterile, glass jars.

COVER with HOT WAX if you intend keeping it for some time.

WHOLE CRANBERRY SAUCE

hot plate



GATHER and WASH
500 g of CRANBERRIES
500 mL WATER
500 mL SUGAR

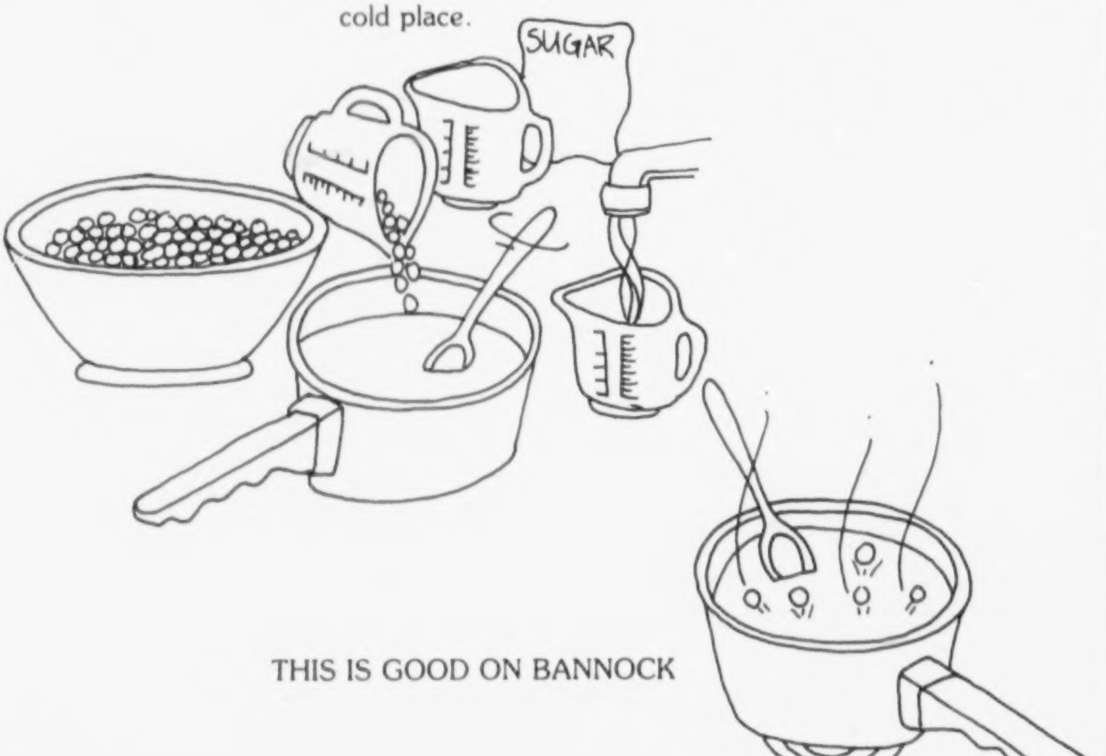
PUT berries in a sauce pan.

BRING to a boil, then

SIMMER uncovered. The berries will plop and become reddish and translucent.

COOK for about 10-15 minutes.

PUT into warm clean jars and store in a cold place.



THIS IS GOOD ON BANNOCK

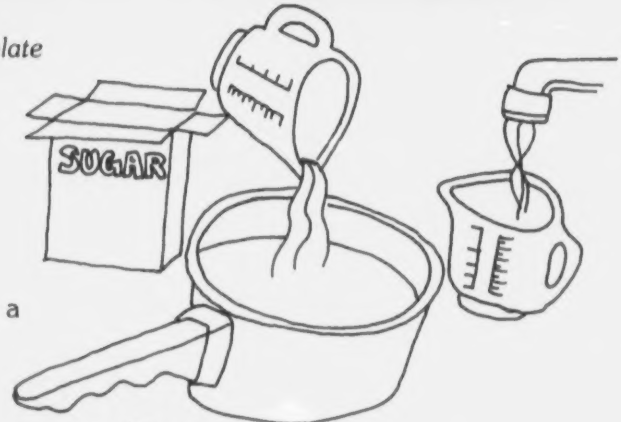
CANDIED CRANBERRIES

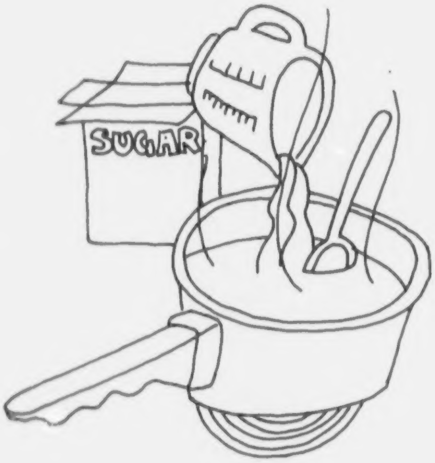
BOIL 125 mL SUGAR
50 mL WATER

ADD 250 mL clean washed CRANBERRIES.

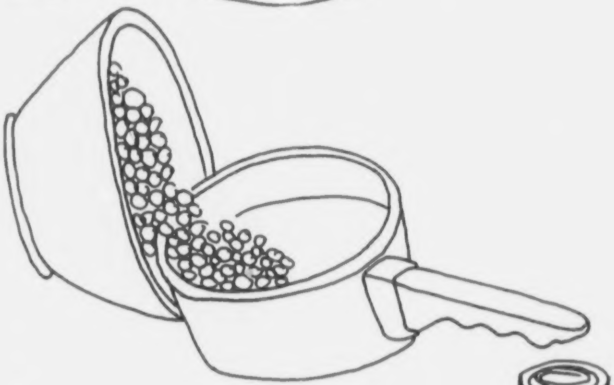
COOK GENTLY for 10 minutes.

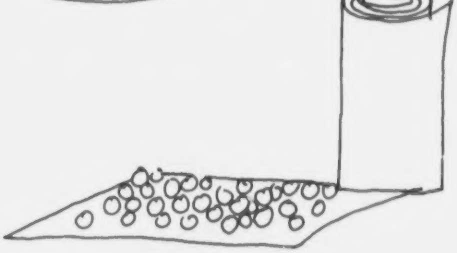
SET bowl ASIDE in a warm room for a few days, stirring sometimes.



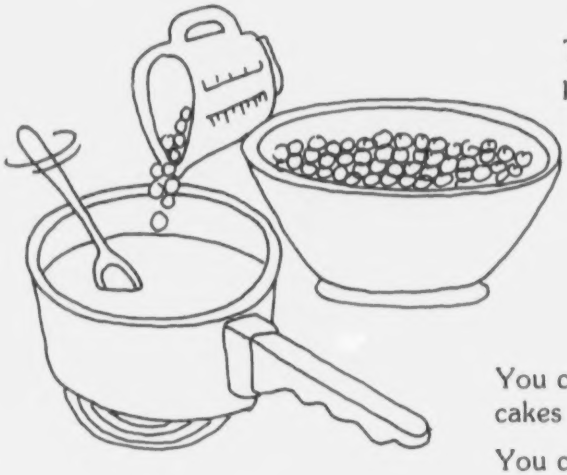


The syrup will become very thick.





Take the berries out and put them on paper towels to dry out.



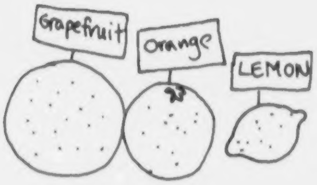
You can use these candied berries for cakes or cookies.

You can use the syrup to sweeten foods.

Makes about 750 mL

WHAT CAN YOU DO WITH
one ORANGE
one LEMON
one GRAPEFRUIT

(especially if they have been cut up)

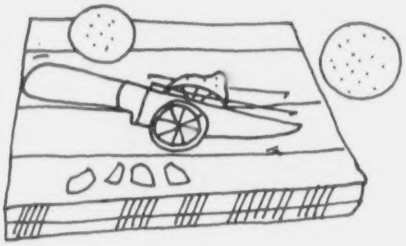


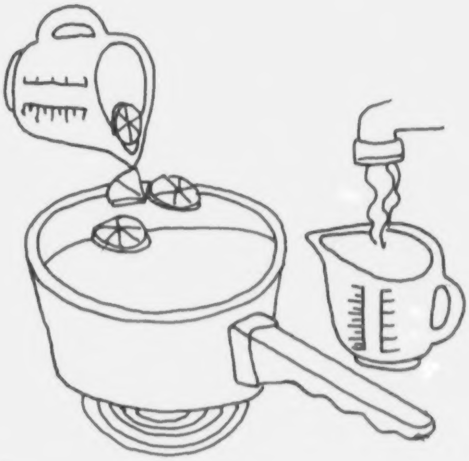
DISCARD cores and **CUT UP** very thinly.

MEASURE and **ADD** 3 times as much WATER.

SIMMER for 2 hours and **LEAVE OVERNIGHT.**

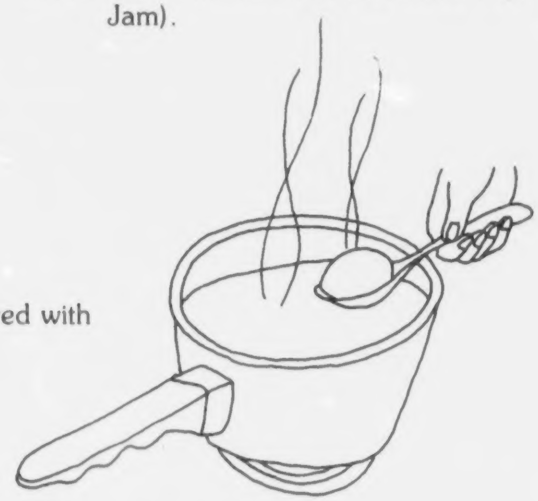
REMOVE SEEDS.





MEASURE and **ADD** an equal amount of SUGAR.

BOIL 'til the mixture sets (see Rose Hip Jam).



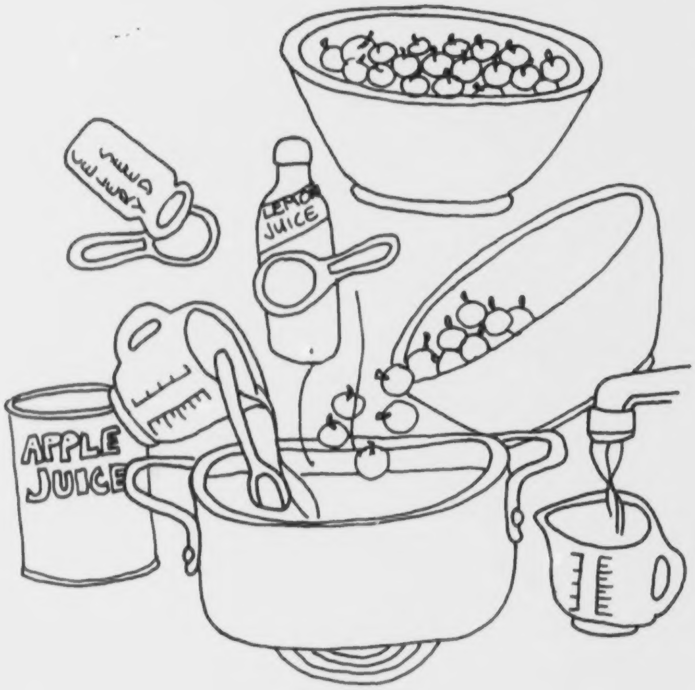
STORE in clean glass jars, covered with hot WAX.

This is called marmalade.

MINI-LESSONS

Peeling an orange, lemon or grapefruit.

CRAB APPLE PICKLES



– delicious with cold meat –

hot plate

WASH about 1 kg of CRAB APPLES.
Leave the stems on, but cut off
the blossom ends.

MIX in a large pot
125 mL APPLE JUICE
250 mL WATER

ADD the APPLES.

SIMMER 'til tender. Push a needle into
the APPLE; it should feel like soft butter.

ADD 125 mL LEMON JUICE
5 mL CELERY SEED
(use 2 mL CINNAMON
and CLOVES as a
substitute)

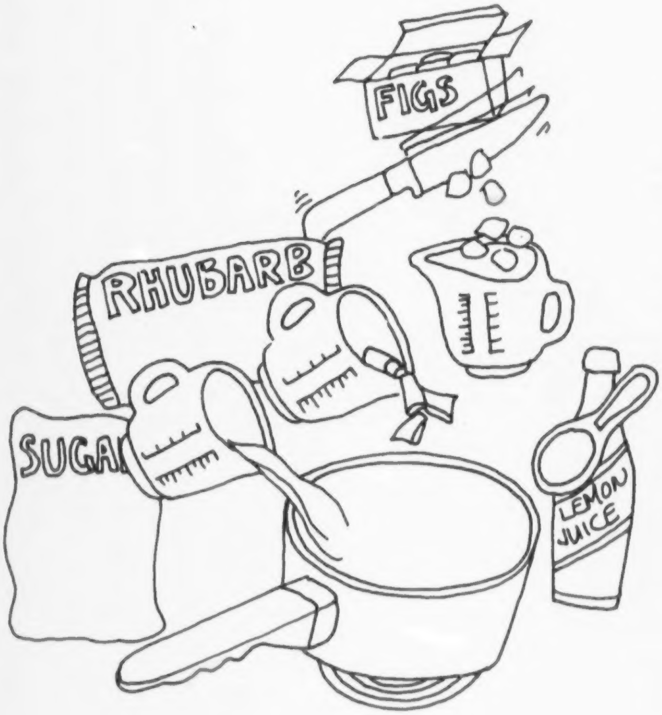
BOIL.

PUT into clean warm jars and cover with
hot WAX.

RHUBARB and FIG JAM

hot plate

MIX 500 mL frozen RHUBARB
500 mL SUGAR
125 mL chopped dried FIGS
juice of ½ LEMON (15 mL
LEMON JUICE)

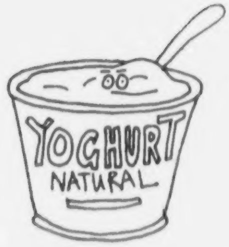

FIGS
RHUBARB
SUGA
LEMON JUICE

SET ASIDE for 24 hours.

BOIL RAPIDLY until mixture jells.

Put in clean warm jars and cover with hot WAX.

ACTIVITIES



YOGHURT
BLUEBERRY

YOGHURT
ORANGE

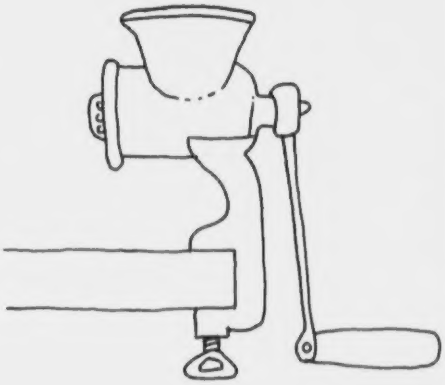
Older children should be encouraged to read food labels and note the additives. Which ones help to preserve the food? Are they absolutely necessary? Could the food be preserved any other way? Encourage an awareness of the possible health hazards related to eating some of these preservatives. Seek advice from the local nurse/have her talk to the class.

Go for a walk as soon as the snow has melted. Look for berries left over from last summer. Note how these have been preserved. Taste one. How does the taste compare with that of a 'new' berry.

POWDERED MILK
BAKING POWDER

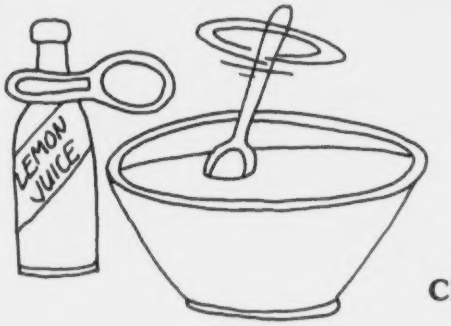
How do people in the Northwest Territories preserve their food? What other ways are there? Look in the store (e.g. cooking, smoking, drying, salting, refrigerating, freezing, canning, preserving (with chemicals), pickling, jellying). Which way preserves food the longest?

A study of microbes should follow if children are old enough. Leave various things exposed to the air and note the changes that occur. (e.g. meat, fruit, rock, bannock, cookie, cup, juice, ice cube.) Which things change/which things never change? Look at the changes through a microscope and record results.

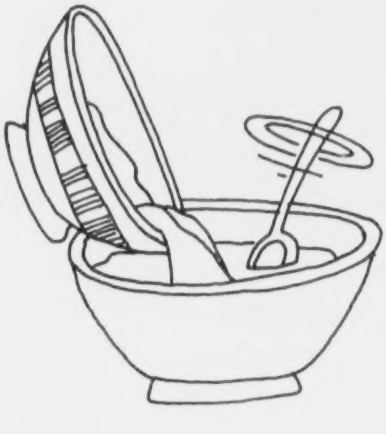


BOOKS

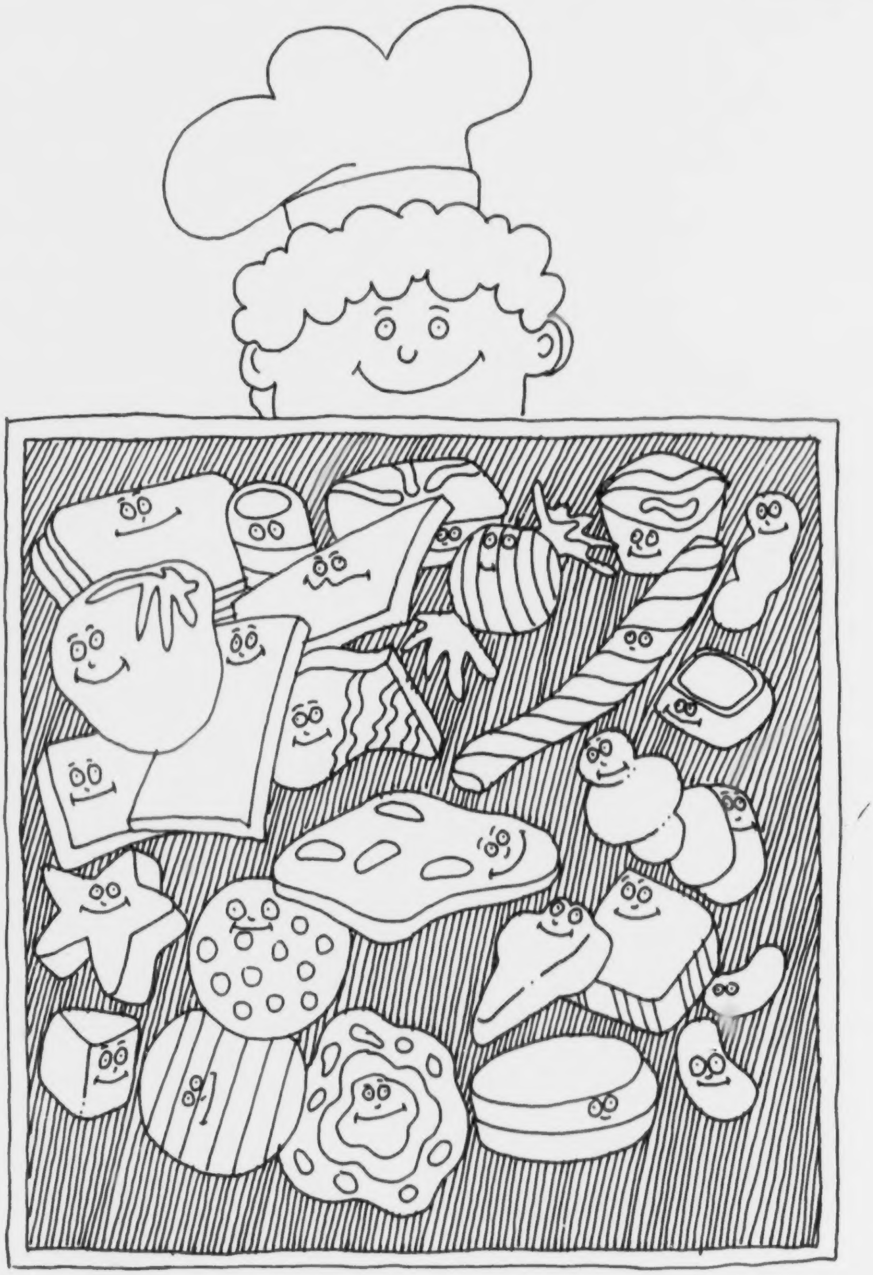
Bread and Jam For Frances, Russell Hoban
Harper & Row. Distributed by
Fitzhenry & Whiteside Ltd.
150 Lesmill Road
DON MILLS, Ontario



Changes, Elementary Science Study
McGraw-Hill Ryerson Limited
330 Progress Avenue
SCARBOROUGH, Ontario



For additional activities, see FRUIT and VEGETABLE section.

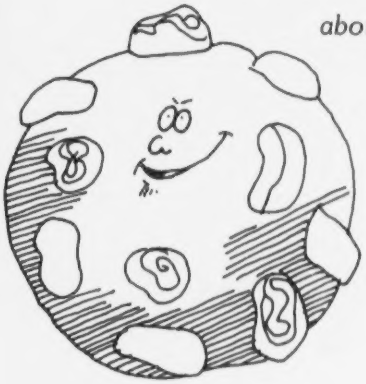


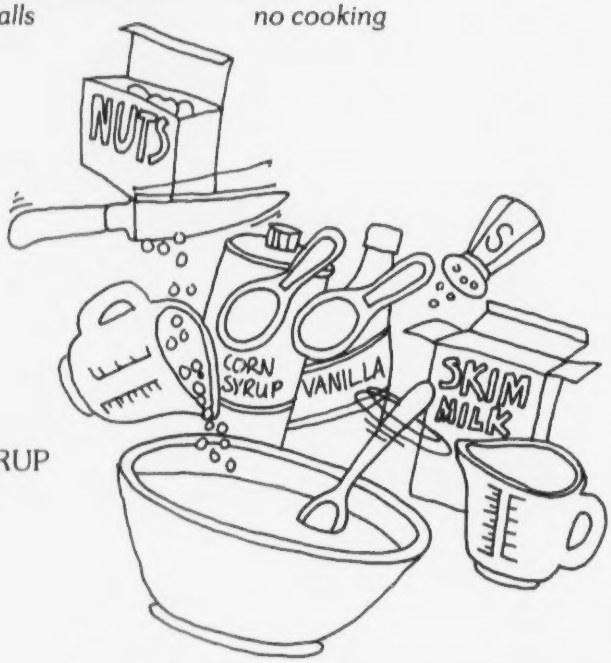
CANDIES

NUT BALLS

(a high protein candy)

about 12 balls *no cooking*

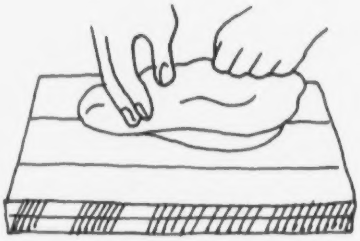



NUTS
S
CORN SYRUP
VANILLA
SKIM MILK

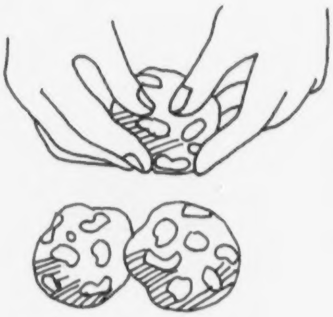
PUT in a bowl 50 mL CORN SYRUP
5 mL VANILLA
pinch SALT

ADD 125 mL POWDERED SKIM MILK
50 mL chopped NUTS

STIR 'til really mixed.



KNEAD on a board sprinkled with dried MILK 'til creamy.



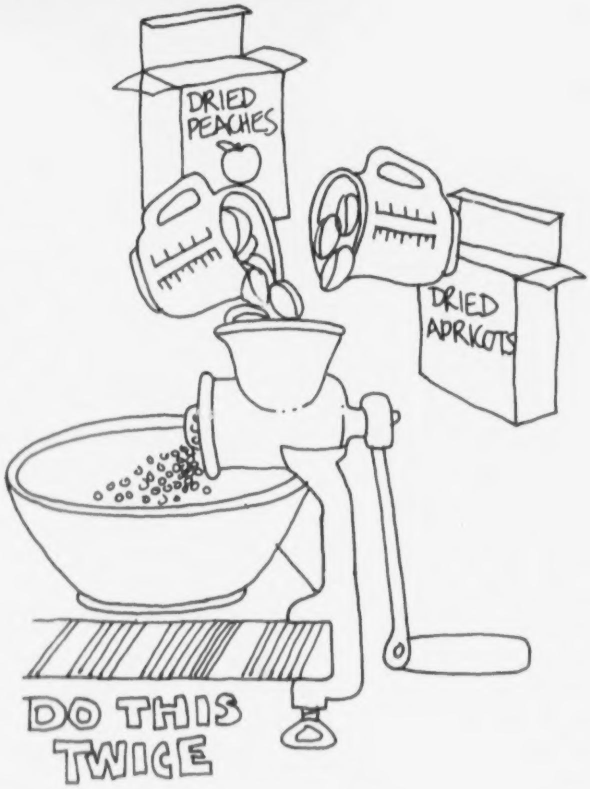
SHAPE into little balls.

You can use fruit instead of nuts.

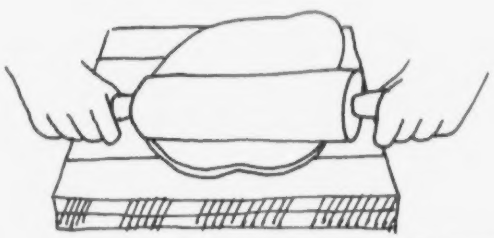
PEACH LEATHER

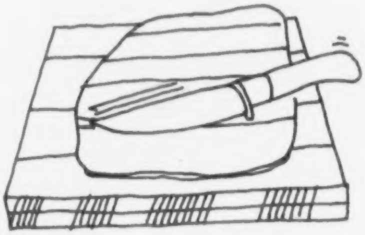
PUT through a food grinder twice
250 ml dried PEACHES
250 mL dried APRICOTS

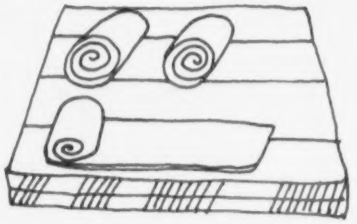
SPRINKLE plastic wrap with icing SUGAR


DRIED PEACHES
DRIED APRICOTS
DO THIS TWICE

ROLL out the fruit mixture 'til it is very thin.







TURN oven to it's lowest setting. Let leather dry for 2 hours. Turn and dry other side for 2 hours.

OR

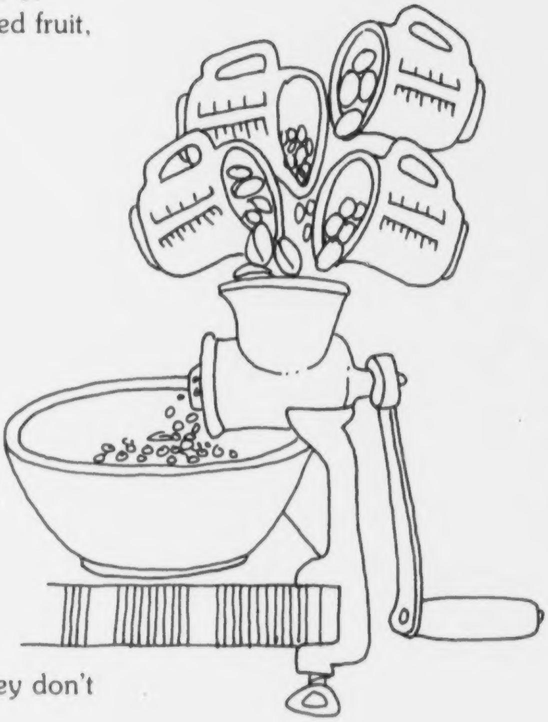
Let dry 24 hours on kitchen counter.

This is a good recipe for practising using a food grinder.

FRUIT CANDIES

about 4 dozen *no cooking*

You will need about 250 mL each of three or four different kinds of dried fruit, such as
RAISINS
APRICOTS
DATES
PRUNES

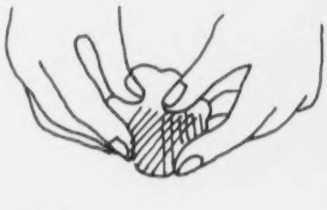


Make sure they are all pitted (they don't have any seeds).

Put them through a food grinder with
125 mL NUTS
the RIND of one ORANGE or 1 LEMON

Put everything in a big bowl with 2 mL GROUND GINGER.

MIX WELL.



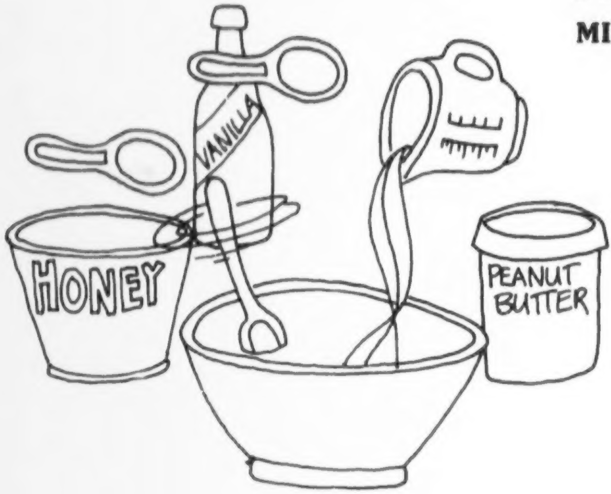
Then, **SHAPE** the mixture into little balls.

ROLL in GRATED COCONUT

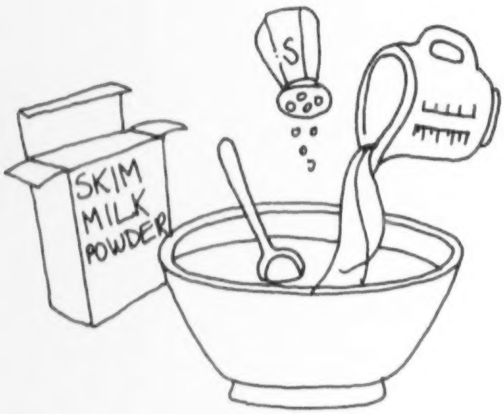
Keep candies in the refrigerator.

PEANUT BUTTER CHEWIES

2 dozen balls *no cooking*

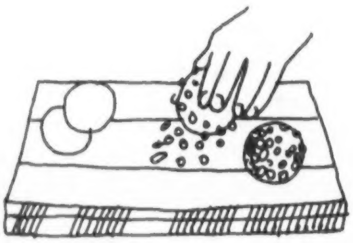

VANILLA
HONEY
PEANUT BUTTER

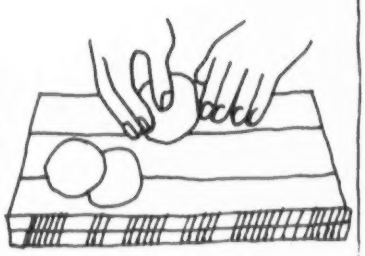
MIX 125 mL CRUNCHY PEANUT BUTTER
25 mL HONEY
5 mL VANILLA


S
SKIM MILK POWDER

ADD 125 mL POWDERED SKIM MILK.

SHAPE into balls.



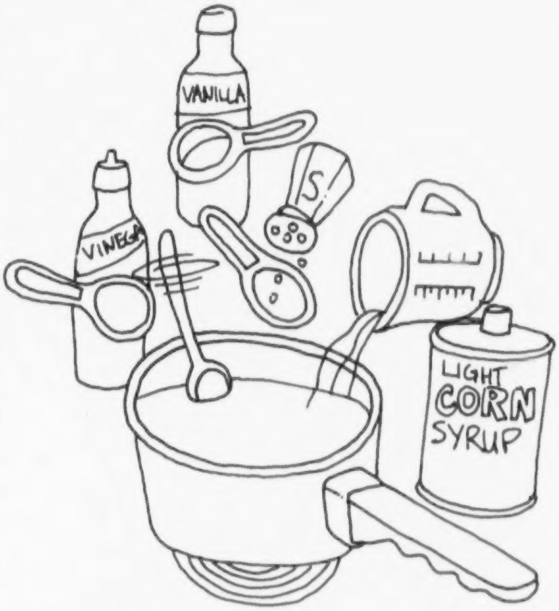


ROLL in chopped PEANUTS.

POPCORN BALLS

18-20 med. balls *hot plate*

PUT in a saucepan
500 mL LIGHT CORN SYRUP
15 mL VINEGAR
5 mL SALT
10 mL VANILLA



COOK, stirring 3 or 4 times, until a firm ball forms.

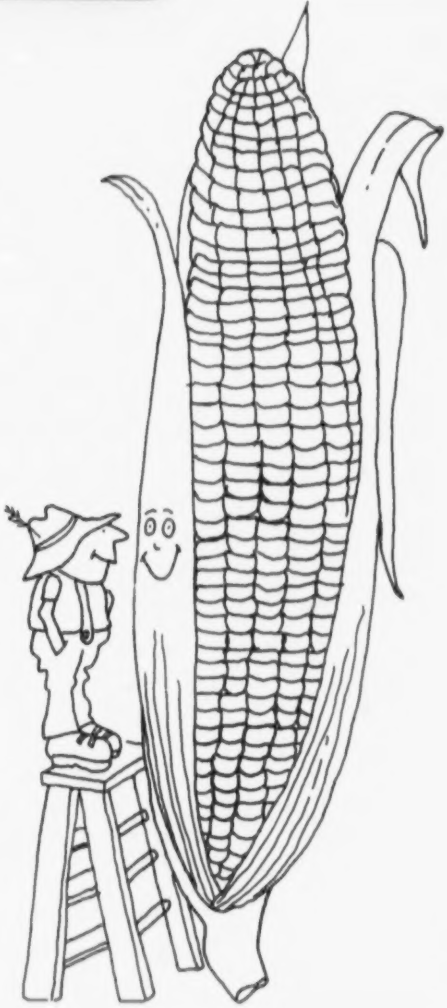
To Test: drop a spoonful of mixture into a bowl of ice cold water. Use your fingers to shape a ball which feels like firm plasticene under the water.

POUR the syrup over 4 L POPPED CORN.

FORM into balls, using greased hands.

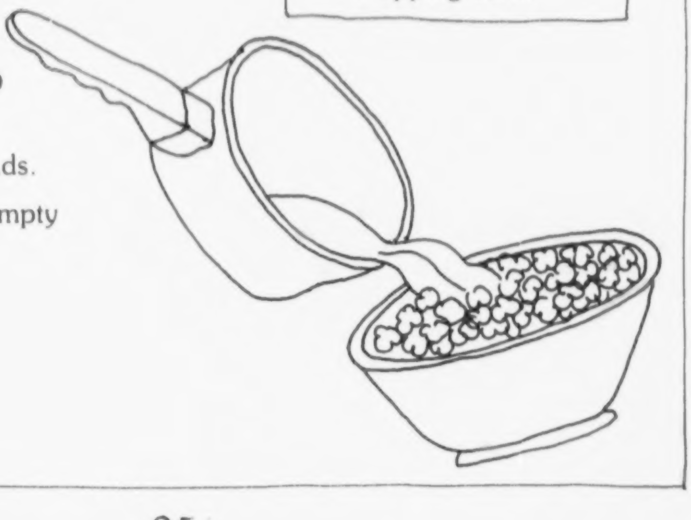
Or, push the mixture into greased empty cans and slice when cold.

Try mixing popcorn with
325 mL RAISINS
or 250 mL grated CHEESE.



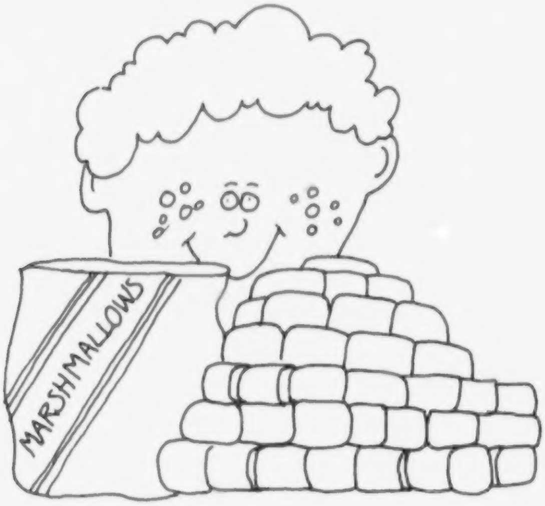
MINI-LESSON

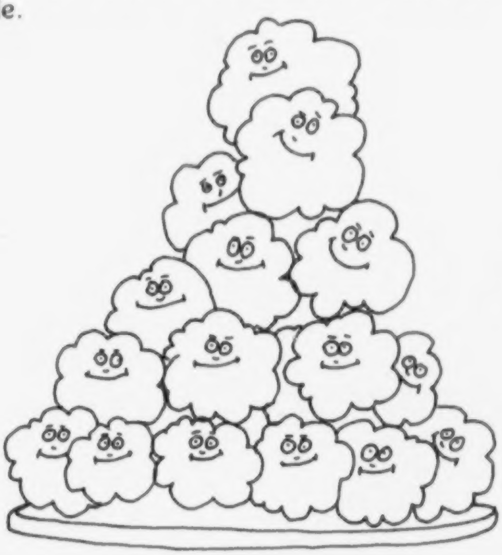
Popping corn.



ACTIVITIES

Everyone make a coloured popcorn ball. Arrange in the shape of a Christmas tree. Makes an attractive and tasty centrepiece for the Christmas table.



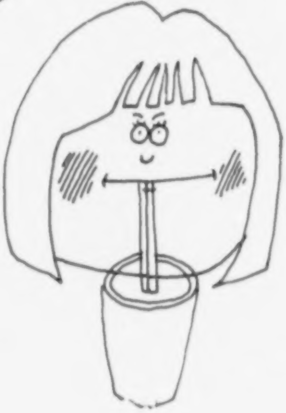


Make an igloo from marshmallows. Leave uncovered and the marshmallows will dry very hard. As you won't be eating this, it's all right to use glue to keep everything together — but put it out of the reach of very little children 'til it's really dry.

Make some candies for a gift. Decorate a container for them and attach the recipe to it.

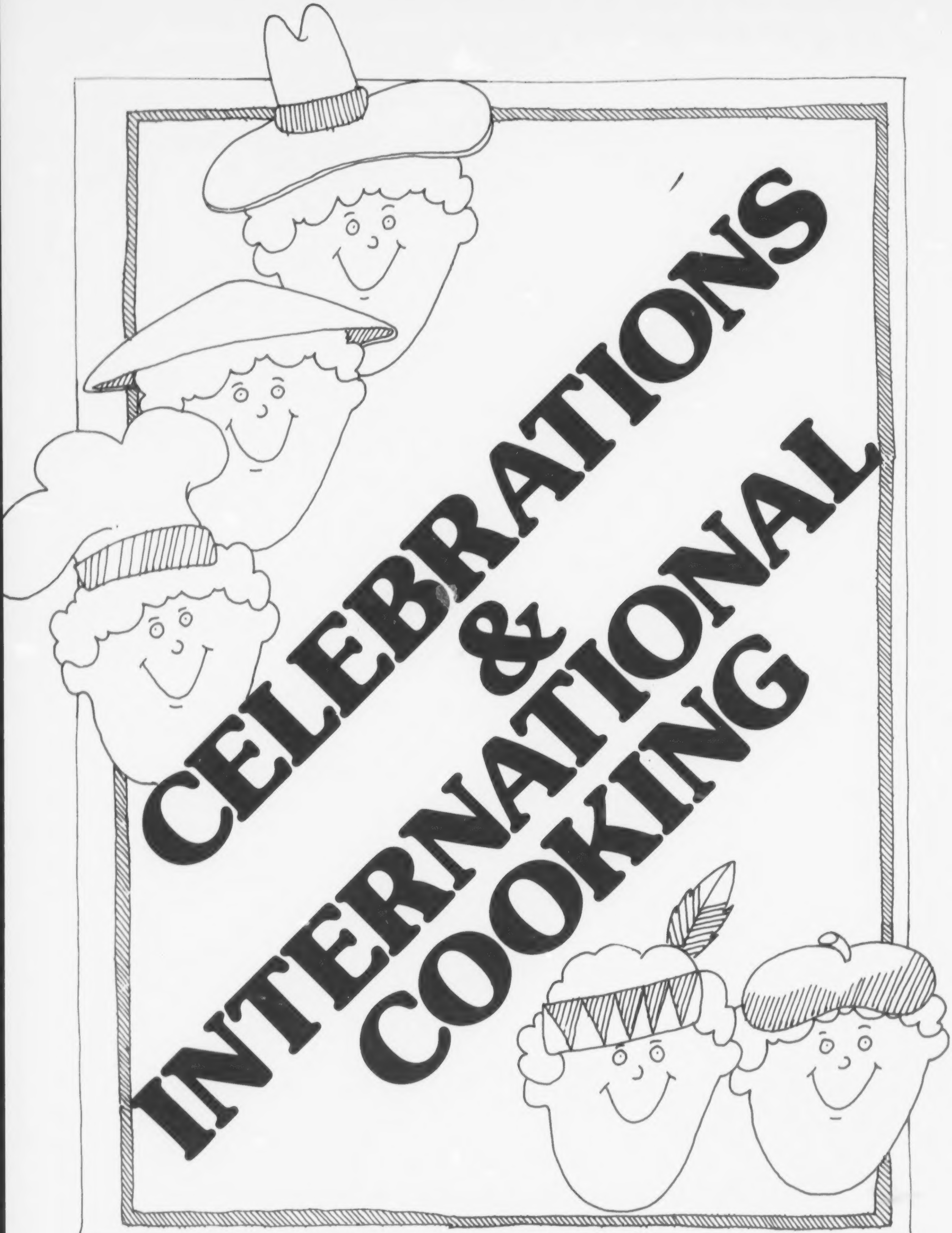
BOOKS

Hansel and Gretel



PEARL
BARLEY

CELEBRATIONS & INTERNATIONAL COOKING



PARTIES, FEASTS
and
INTERNATIONAL COOKING

Christmas, Halloween, Easter, Valentine's Day, Mother's Day, birthdays, weddings are some occasions celebrated to a greater or less degree in most places. Find out what festivals are commonly celebrated in your community, particularly any that are unique to the people there. Are there any traditional celebrations?

Think of some new occasions to celebrate. Just about anything will do: the first snowfall, your gerbil's birthday, a caribou hunt, the birthday of the oldest person in your community. . .

Food is a large part of most celebrations. Think carefully about what you will eat, how you will prepare and serve it, who you will invite to your celebrations, what decorations you will use, etc. Involve the children in this planning.

Here are some ideas for celebrations and parties. . .

Choose a theme:
it doesn't have to be a special occasion. You could have a Number party, a Red party, a Fish party, a Snow party, a Chinese party, etc. Try to integrate the other activities in your classroom around the chosen theme.

Share responsibilities:
you may wish to appoint committees — e.g. one group responsible for entertainment, another for decorations, etc.

Use paper dishes for some items:
this will save lots of time and work.

Things to make:
Invitations can be made and sent out or hand-delivered to guests.

Place mats are always fun and easy to make — try some new printing or other art techniques.

Little children love hats — let them make their own before the party.

Centre-pieces, place cards, candle holders, flowers, streamers etc. will also add to the party atmosphere.

JELL-O
FRUIT
FLAVORED

Serving food:
use candles and background music. This is a good time to encourage sharing and tolerance of individual differences and other cultural patterns. Serve and eat food in its traditional way wherever possible.

Join in the party yourself and sit with the children to eat; likewise for the adults present.

Setting up a restaurant is another way of holding a party — use your own room or another part of the school. Children can prepare menus, with prices, before the party. A variety of roles can be played — host/hostess, waiters/waitresses, cooks, cashier etc.

Foreign foods:
If preparing food belonging to a particular ethnic group, try to find someone from that culture to help with the cooking, talk to the children etc. They can probably give you lots of ideas for decorations and other activities, too.

Guests:
You probably won't always want other people around during a party. However, entertaining guests, particularly parents, is a worthwhile experience for children, so try to arrange this at least a couple of times during the year.

Evenings are often best if you're inviting families.

Preparing the food:
Have some food that can be prepared before the day of the party.

If you're preparing large quantities of any dish it may be easier, and save you a lot of time, to prepare it partially at school, then divide it up and send it home with the children to be finished.

Mother's Day:
collect recipes you've made at school, make them into an attractive book and send them home.

Prepare a recipe. Put the produce in a container, decorate it and attach the recipe. Take it home as a gift. Jam and peanut butter are good for this.

Picnics:
in cold weather, it's best to take pre-cooked food, or food that just needs warming.

Wieners are good.

Soup is particularly good. Invest in some large thermos flasks for this purpose.

Fresh tea made over a fire is always great on a cold day.

If you go on a fishing picnic, take some frozen fish along with you, just in case the fish aren't biting.

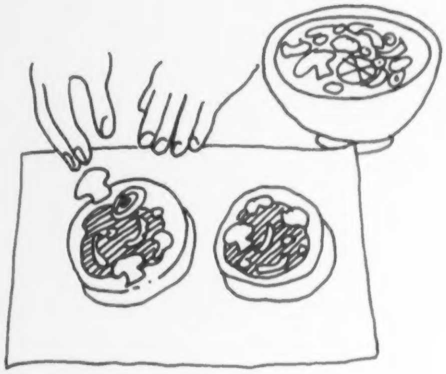
COOK-ING RICE

ITALIAN PIZZAS

oven 230°C

Use HAMBURGER BUNS or freshly baked ENGLISH MUFFINS or TEA BISCUITS.

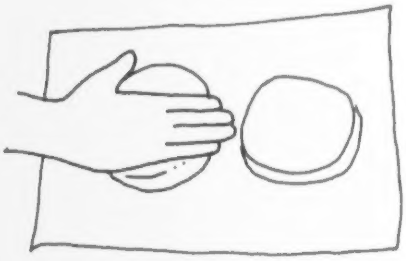
Put out a variety of ingredients so kids can choose their own combinations: GRATED MOZZARELLA or CHEDDAR CHEESE, CANNED TOMATO PASTE or SAUCE, CANNED ANCHOVIES or SARDINES, SLICED SAUSAGES or GROUND MEAT, MUSHROOMS, GREEN PEPPER, etc.



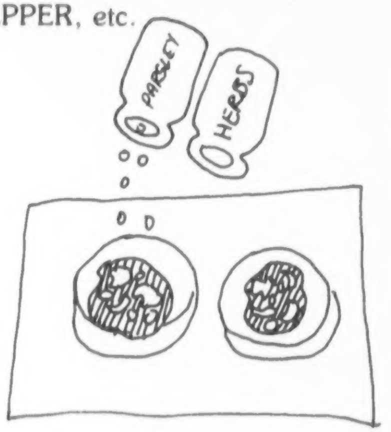
SPLIT the BREAD into two and put it on a piece of WAX PAPER.

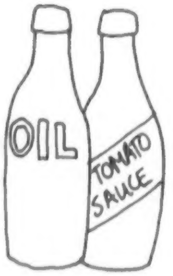
PRESS IT DOWN with a palm of the hand.

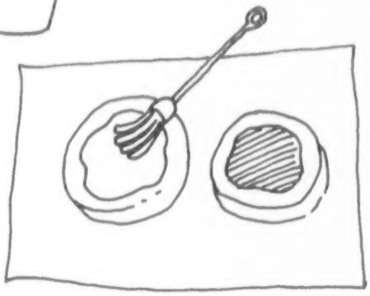
BRUSH with oil and then TOMATO SAUCE.



PLACE an assortment of food on, topping with CHEESE.





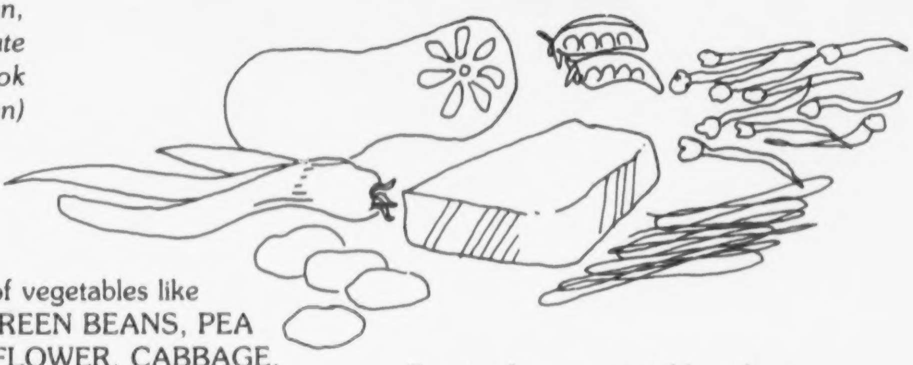


SPRINKLE with ITALIAN HERBS (OREGANO) or PARSLEY.

BAKE for 10-15 minutes 'til the cheese melts.

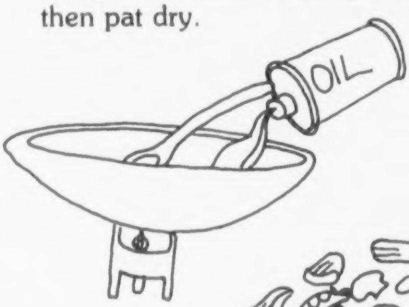
CHINESE VEGETABLES

electric frying pan,
hot plate
(use a wok
if you can)



Use a mixture of vegetables like BROCCOLI, GREEN BEANS, PEA PODS, CAULIFLOWER, CABBAGE, CELERY, MUSHROOMS, GREEN PEPPER.

If using frozen vegetables, thaw completely under running water first, then pat dry.



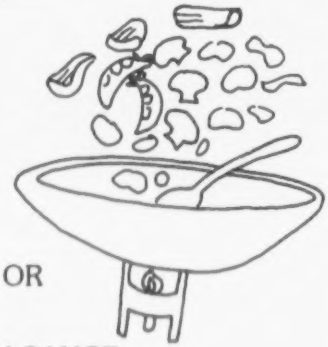
WASH, DRY and **BREAK** or **SLICE** the vegetables.

HEAT the pan.

ADD enough OIL to just cover the bottom of the pan.

TOSS the vegetables in the oil for a couple of minutes (keep stirring them).

SERVE AT ONCE.



OR

ADD about
30 mL SOY SAUCE
250 mL CHICKEN STOCK
2 mL MONOSODIUM GLUTAMATE (if available)

COVER for 2-7 minutes (**COOK** 'til vegetables are tender but still crisp.)

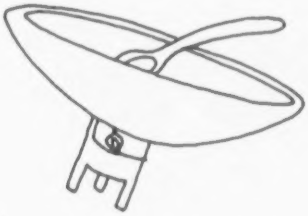
ADD 30 mL CORNSTARCH mixed with 30 mL COLD WATER.

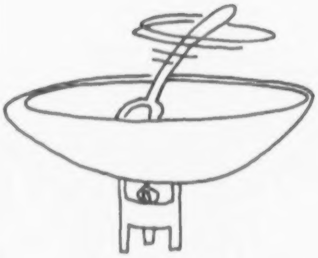
STIR 'til everything thickens.

SERVE.

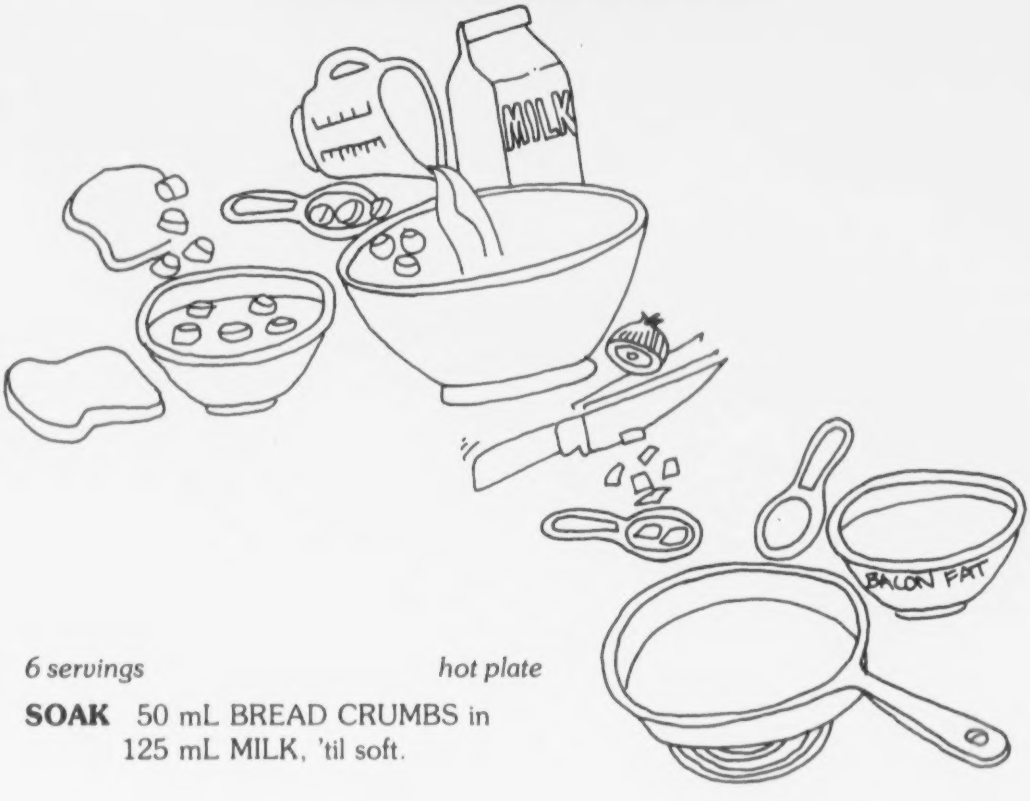
Use chopsticks if you can.

Good with cooked caribou or any other meat.





SWEDISH MEAT BALLS.

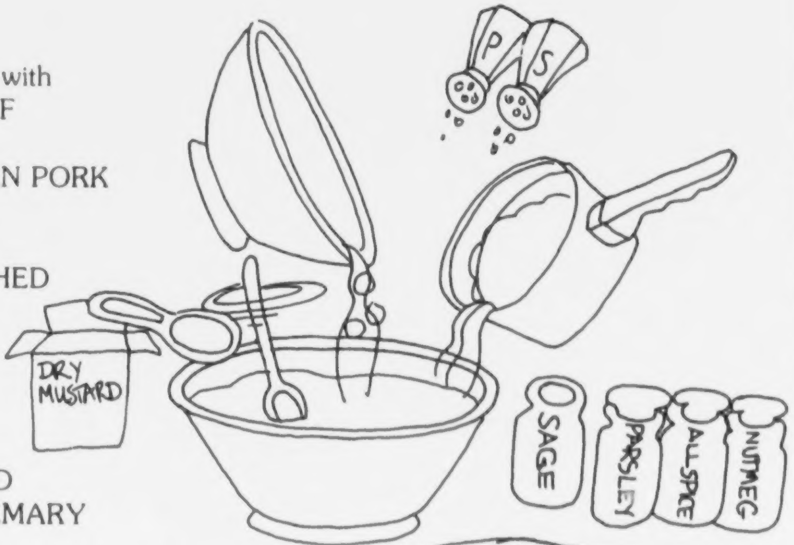


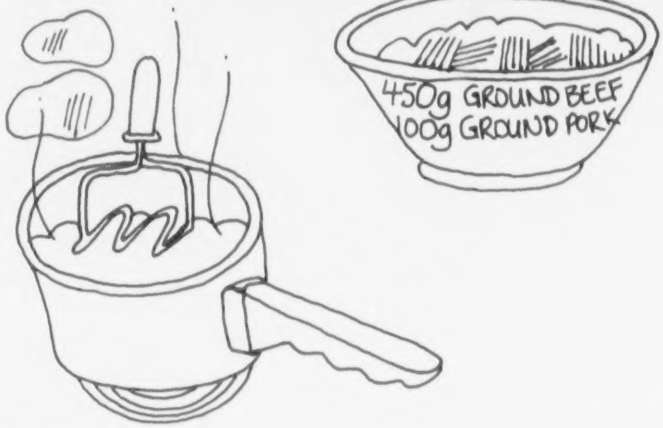
6 servings *hot plate*

SOAK 50 mL BREAD CRUMBS in
125 mL MILK, 'til soft.

FRY 50 mL chopped ONIONS in
30 mL BACON FAT.

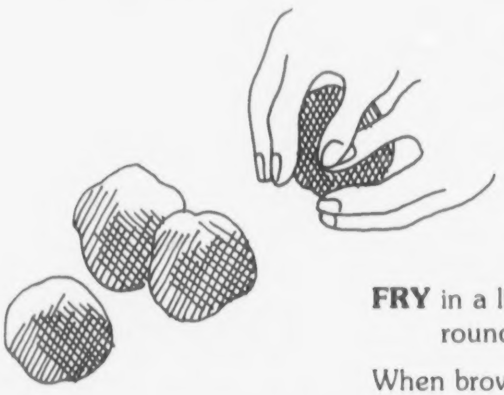
MIX the above ingredients with
450 g GROUND BEEF
or CARIBOU
100 g GROUND LEAN PORK
(if possible)
1 EGG
125 mL COLD MASHED
POTATOES
7 mL SALT
1 mL PEPPER
pinch NUTMEG
ALLSPICE
DRY MUSTARD
SAGE or ROSEMARY
15 mL PARSLEY

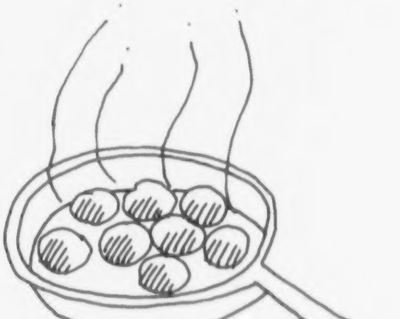

P
S
DRY MUSTARD
SAGE
PARSLEY
ALLSPICE
NUTMEG


450g GROUND BEEF
100g GROUND PORK

MIX until smooth.

SHAPE into little balls, rolling in a small dish of FLOUR.





FRY in a little BUTTER, shaking them round and round in the pan.

When brown add 300 mL WATER.

SIMMER 10-15 minutes.

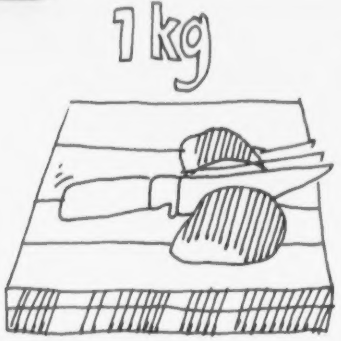
Thicken the gravy with Bisto.

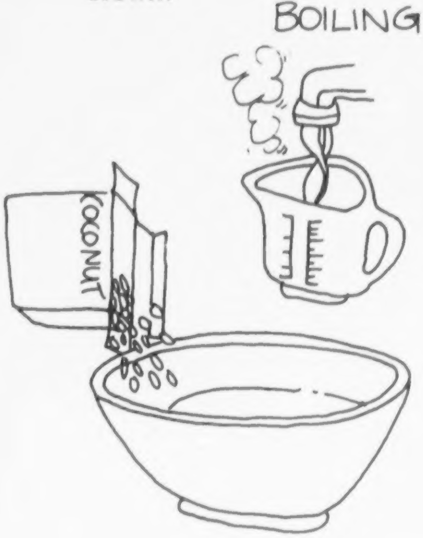
CURRIED CARIBOU

serves 8 *hot plate*

CUT UP about 1 kg CARIBOU
(CHICKEN, BEEF, LAMB, etc.)
into bite-size pieces

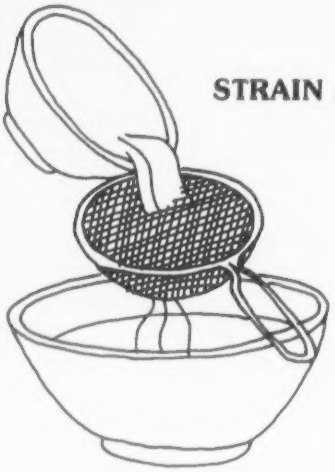
TOSS in a small amount of hot FAT 'til brown.



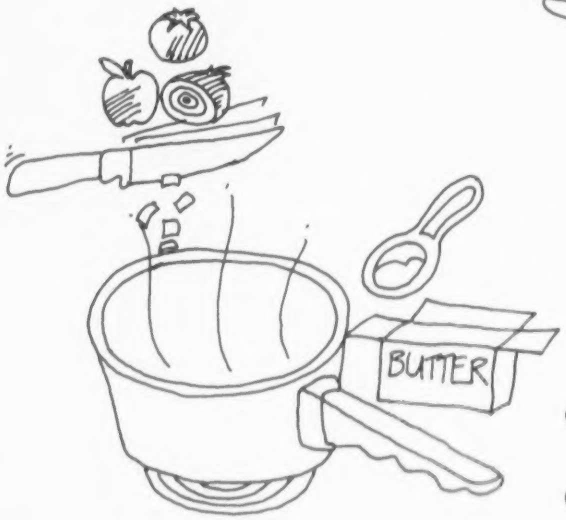


SOAK 1 packet of COCONUT in 500 mL boiling WATER.

LEAVE 5 minutes.



STRAIN and save the liquid.

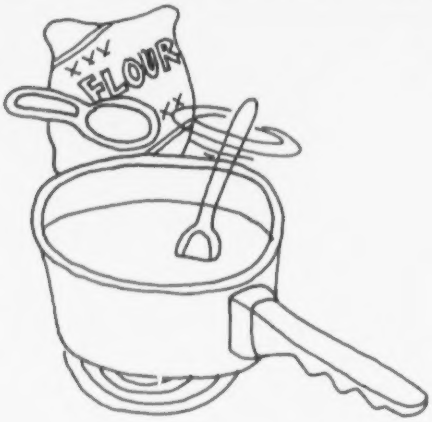


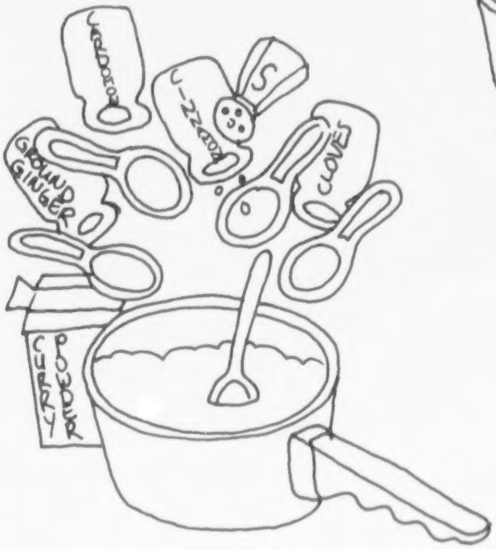
CHOP UP a small APPLE, ONION and TOMATO.

COOK in 30 mL BUTTER.

ADD 30 mL FLOUR.

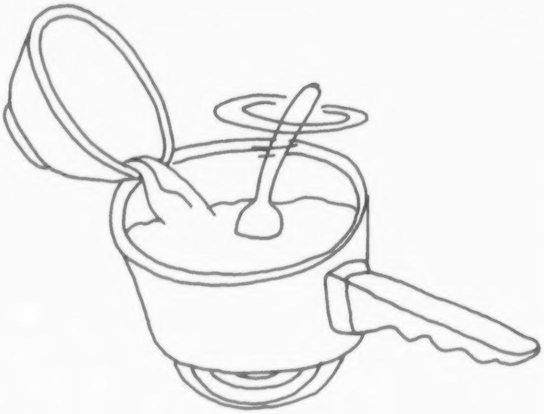
STIR.




CARDOMON
CINNAMON
S
CLOVES
GROUND GINGER
CURRY POWDER

ADD, to taste,
2 mL GROUND GINGER (optional)
10 mL (or more) CURRY POWDER
5 mL SALT
little CINNAMON, GROUND CLOVES, CARDOMON

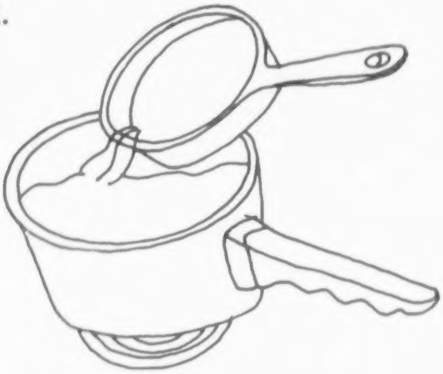
STIR AGAIN.



Now **ADD** the COCONUT LIQUID.

COOK it all together. It will thicken.

STIR.

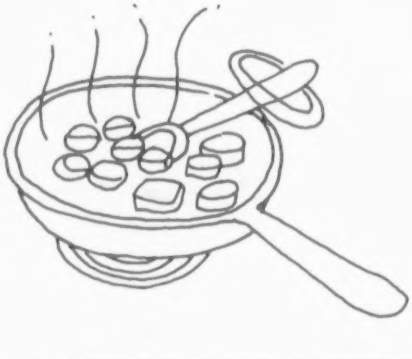


ADD browned caribou meat. Make sure the meat is covered with the sauce. Add more stock if needed.

COOK 'til tender (about 20 minutes).

ADD 10 mL LEMON JUICE.

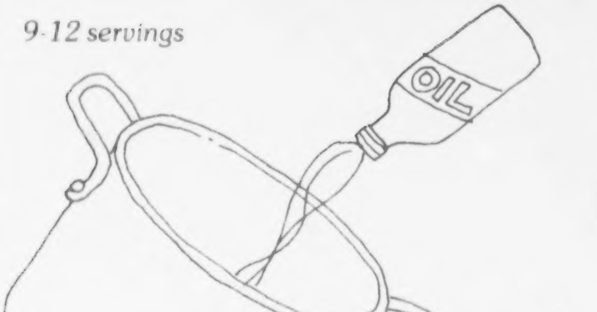
SERVE with RICE and CHAPATIS.

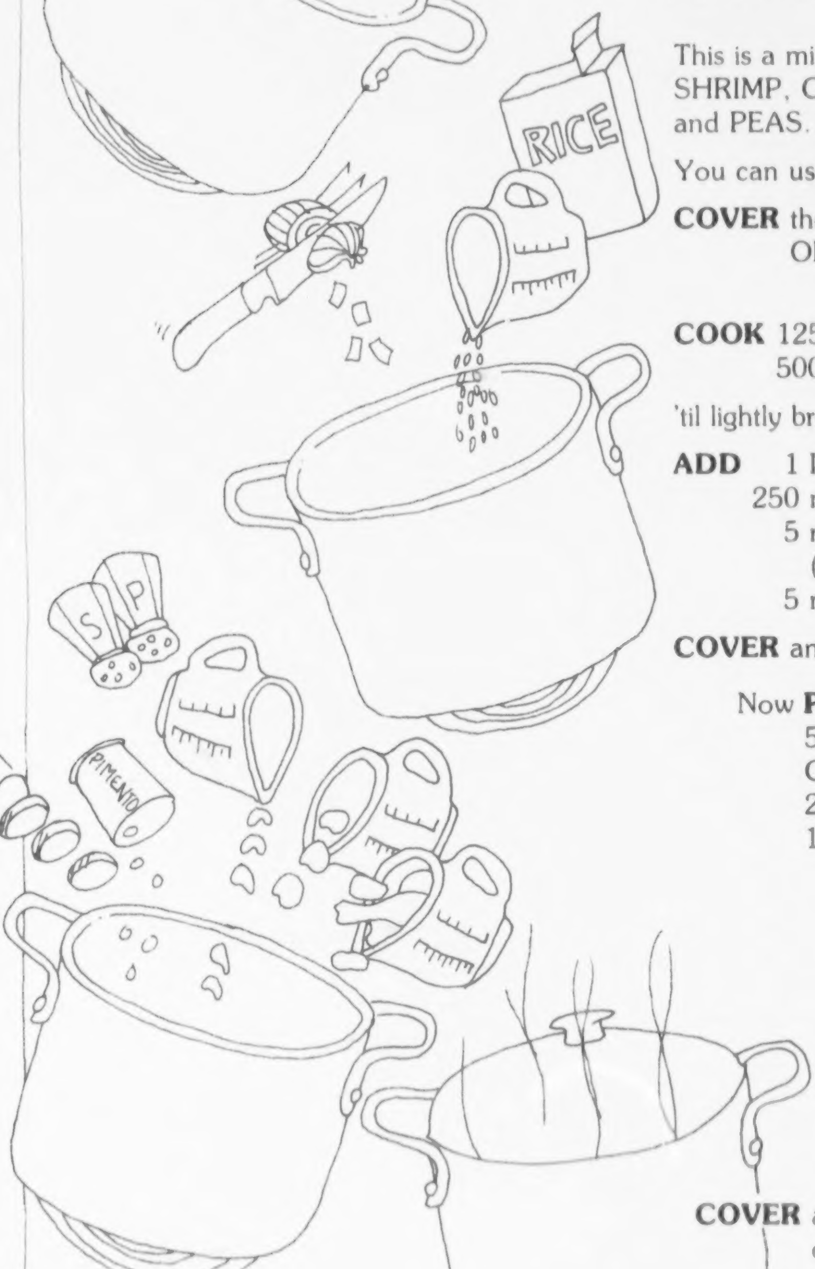


SPANISH PAELLA

9-12 servings

hot plate or electric frying pan





This is a mixture of cooked CHICKEN, SHRIMP, CLAMS, SAUSAGE, RICE and PEAS.

You can use canned products.

COVER the bottom of a heavy pan with OIL.

COOK 125 mL chopped ONION
500 mL RICE

'til lightly browned.

ADD 1 L CHICKEN STOCK
250 mL PEAS
5 mL SAFFRON
(if you have some)
5 mL SALT

COVER and **COOK** for 15 minutes.

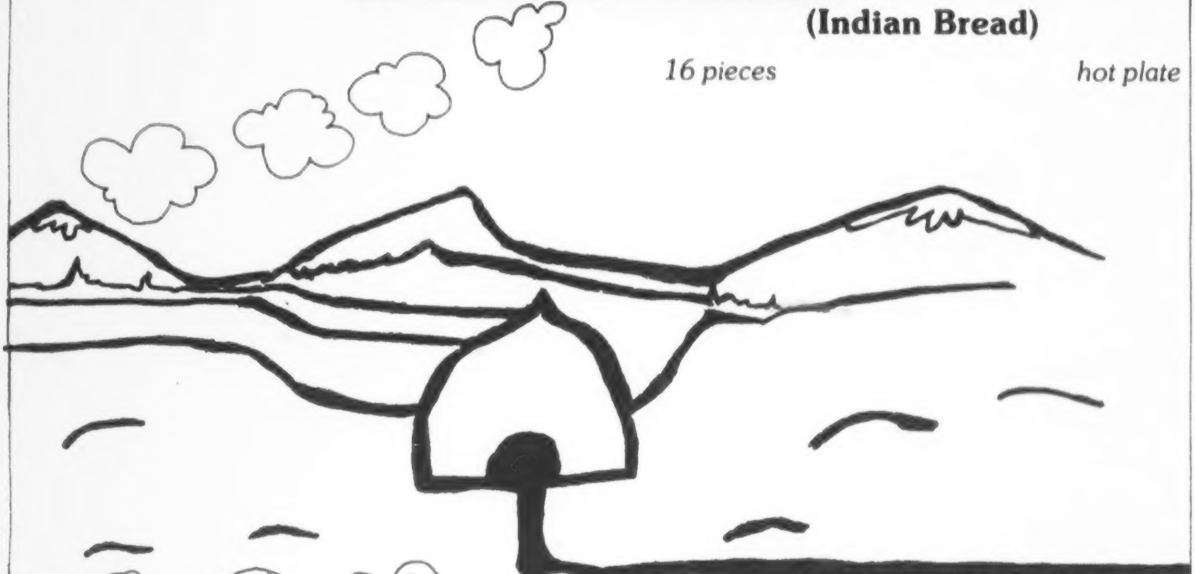
Now **PUT IN**
500 mL cooked chopped CHICKEN
250 mL drained CLAMS
125 mL drained SHRIMP
1 can drained PIMENTOS
slices of HARD SAUSAGE (like CHORIZO)
SEASONING

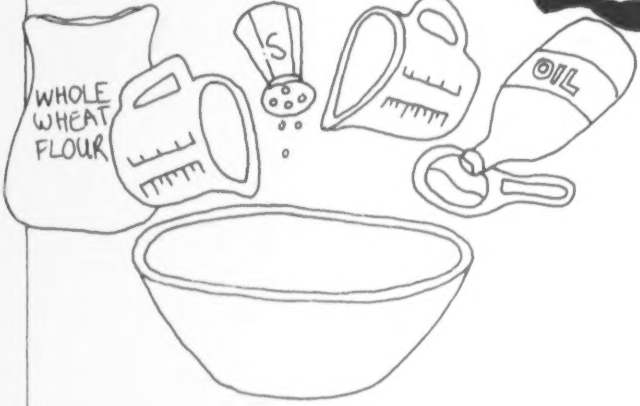
COVER and **COOK** 10 minutes longer, or until the RICE is tender.

CHAPATIS

(Indian Bread)

16 pieces *hot plate*





MIX 250 mL WHOLE WHEAT FLOUR
250 mL WHITE FLOUR
2 mL SALT
25 mL OIL
150 mL WATER

KNEAD 5-10 minutes. Everyone can have a bit to knead.

PUT all the dough back in a bowl.

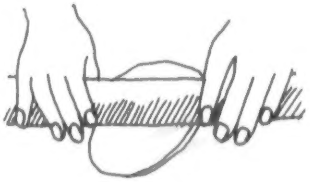
COVER with a damp cloth.

LEAVE for at least 10 minutes (30 minutes is better).

CUT dough into 16 pieces.

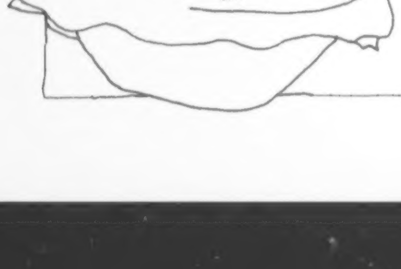
GREASE rolling pin and counter.

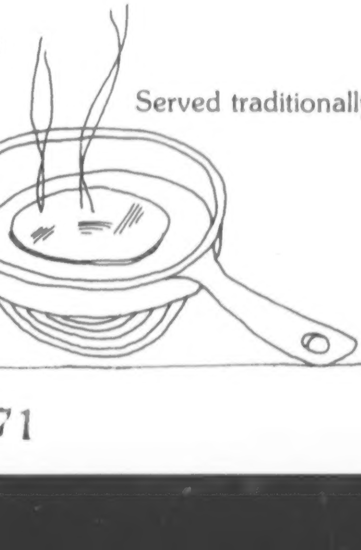
TAKE a small piece of dough.



ROLL out into a paper thin circle.

FRY on both sides in a little smear of OIL, over medium heat.





Served traditionally with curry.

INDEX OF RECIPES

BEVERAGES, 9
banana milk, 81
barley water, 13
chocolate milk shake, 82
easy egg nog, 137
egg nog, 138
fruit juice, 147
hot cranberry drink, 11
lemonade, 12
peanut butter milk, 84
tea, 9
tisanes, 14
spiced tea, 10

BIRDS, 127
basic stuffing for birds, 129
frying birds, 128
ptarmigan, 128
stewed ptarmigan with dumplings, 128
stuffed Canada goose, 130

BREAD, 39
bannock, 40
basic mixture for quick breads, muffins, etc., 47
bread pudding, 232
chapatis, 269
Christmas tree decorations, 59
corn bread, 52
croutons, 34
dumplings, 37, 99
English muffins, 56
French toast, 139
Italian pizzas, 262
muffins, 46
nut bread, 48
pancakes, 43
peanut butter bread, 49
peanut butter play dough, 58
play dough, 57
potato scones, 42
pretzels, 56
prune bread, 50
pumpkin bread, 51
tea biscuits, 41
yeast bread, 53

CAKES, 193
apple sauce cake, 194
gingerbread, 199
hurry-up cake, 196
parkin, 198
puddle cake, 197
toppings for cakes, 201
upside down cake, 195

CANDIES, 251
candied cranberries, 245
fruit candies, 254
nut balls, 252
peach leather, 253
peanut butter chewies, 255
popcorn balls, 256

CEREALS, 65
cooked cereal, 69
corn bread, 52
crunchy granola, 66
fruit nut and rice casserole, 184
granola in a skillet, 68
granola, lots of, 67
oatmeal cookies, 208
oatmeal-raisin cookies in a skillet, 219
popcorn balls, 256
rice pudding, 230
rice with fruit cocktail, 70
Spanish paella, 268

COOKIES, 207
banana-date cookies, 227
bar cookies, 222
benne wafers, 224
date-apple cookies, 225
fried cookies, 218
gingerbread men, 214
lemon sugar cookies, 220
no-bake cookies, 217
oatmeal cookies, 208
oatmeal raisin cookies, 219, 226
peanut butter shapes, 228
soy flour and brewers yeast cookies, 210
spice cookies, 212
sweet nuts, 216

DESSERTS, 229
apple pudding, 231
baked custard, 238
bread pudding, 232
custard sauce, 237
eggless fruit whip, 236
fruit whips, 235
ice cream, 92
jello, 233
lemon gelatine, 233
milk-rice pudding, 230
orange gelatine, 234
yoghurt, 90

EGGS, 133
Chinese egg drop soup, 33
easy egg nog, 137
egg custard, 237
egg nog, 138
fluffy omelette, with fresh eggs, 142
french toast, 139
fruit whips, 235
hard cooked eggs, 134
omelettes, 141
poached eggs, 140
scrambled egg (with fresh eggs), 135
scrambled eggs (with egg powder), 136
white islands, 138

FISH, 117
casserole, 120
clams, 123
fish cakes, 121
fish chowder, 119
jambalaya, 122
stock, 20
quick spaghetti and tuna fish, 73
quick tuna, noodle and mushroom bake, 74

FRUIT, 147
ambrosia, 153
apple pudding, 231
apple sauce, 155
apple sauce cake, 194
bananas, fried, 148
banana-date cookies, 227
candied cranberries, 245
crab apple pickles, 247
cranberry fruit soup, 32
date-apple cookies, 225
dried fruit, 147
frozen popsicles, 157
fruit/candies, 254
fruit cocktail with rice, 70
fruit fools, 150
fruit juice, 147
fruit, nut and rice casserole, 184
fruit salad, 151
fruit whips, 235
hot cranberry drink, 11
jello with fruit, 152
kebabs, 149
lemonade, 12, 160
lemon gelatine, 233
marmalade, 246
mixed berry ice, 159
oatmeal-raisin cookies, 219
orange gelatine, 234
peach leather, 253
prune bread, 50
raisin sauce, 156
rhubarb and fig jam, 248
rose hip jam, 242
rose hip puree, 241
rose hip syrup, 240
rose petal jelly, 243
stewed fruit, 158
upside down cake, 195
waldorf salad, 154
whole cranberry sauce, 244

INTERNATIONAL COOKING, 259
caribou mincemeat, 112
chapatis (Indian bread), 269
chili con carne, 106
Chinese egg drop soup, 33
Chinese vegetables, 263
Christmas tree decorations, 59
colouring eggs, 144
curried caribou, 266
Genoan minestrone, 26
Italian minestrone, 26
Italian pizzas, 262
Spanish paella, 268
Swedish meatballs, 264

MEAT, 97
arctic hare stew, 113
barbecued ribs, 100
caribou hooves, 111
caribou mincemeat, 112
chili con carne, 106
curried caribou, 266
dumplings, 37, 99
Eskimo ice cream, 110
gelatine, 102
jambalaya, 107
jellied meats, 102
meat balls, 104
meat sauce, 105
panfried liver, 103
roasted meat, 100
seal casserole, 108
seal flippers, 109
stewed meat, 99
Swedish meat balls, 264

MILK, 79
banana milk, 81
butter, how to make, 85
cheese, 88
chocolate milkshake, 82
dried whole milk, 79
ice cream, 92
macaroni and cheese, 72
milk-rice pudding, 230
non-fat dry milk, 80
peanut butter milk, 84
skimmed milk farm cheese, 89
things to do with yoghurt, 91
yoghurt, 90
yoghurt popsicles, 91

PASTA, 71
macaroni and cheese, 72
noodles, 35
quick spaghetti and tuna fish, 73
quick tuna, noodle and mushroom bake, 74

PEANUT BUTTER, 281
honey-peanut butter icing, 202
peanut butter bread, 49
peanut butter chewies, 255
peanut butter dressing, 176
peanut butter, how to make, 183
peanut butter play dough, 58
peanut butter shapes, 228
peanut butter soup, 24
peanut-carrot roast, 182
peanut butter milk, 84

PRESERVES, 239
candied cranberries, 245
crab apple pickles, 247
marmalade, 246
rhubarb and fig jam, 248
rose hip jam, 242
rose hip puree, 241
rose hip syrup, 240
rose petal jelly, 243
whole cranberry sauce, 244

SAUCES and DRESSINGS
apple sauce, 155
catalina, 176
custard sauce, 237
french dressing, 176
mayonnaise, 177
peanut butter dressing, 176
raisin sauce, 156
white sauce, 175
whole cranberry sauce, 244

SOUPS, 19
Chinese egg drop soup, 33
cranberry fruit soup, 32
cream of corn soup, 25
cream of potato soup, 28
fish chowder, 119
Genoan minestrone, 26
Italian minestrone, 26
peanut butter soup, 24
peas, beans, lentil soup, 30
stock, 20
vegetable chowder, 22
vegetable soup, 27

VEGETABLES, 165
baked beans, 179
baked potatoes in foil, 170
bean salad, 181
canned vegetables, 168
canned yams, 173
chili con carne, 106
Chinese vegetables, 263
cole slaw, 169
cream of corn soup, 25
cream of potato soup, 28
dried beans, peas, lentils and nuts, 178
dried vegetables, 168
fried potatoes, 172
frozen vegetables, 168
fruit, nut and rice casserole, 184
Genoan minestrone, 26
Italian minestrone, 26
jellied salads, 174
peanut butter, how to make, 183
peanut carrot roast, 182
peas, beans, lentils soup, 30
potato salad, 171
potato scones, 42
pumpkin bread, 51
sprouting beans, 180
vegetable chowder, 22
vegetable soup, 27
wild greens, 166

[redacted]